



Creamy Roasted-Onion Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



123 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 29 ounce less-sodium chicken broth fat-free canned
- ☐ 1 garlic head whole unpeeled
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.3 cup madeira wine dry divided
- ☐ 0.1 teaspoon salt
- ☐ 2 ounces swiss cheese shredded

- ☐ 1 tablespoon water
- ☐ 1.3 pounds oso sweet peeled quartered

Equipment

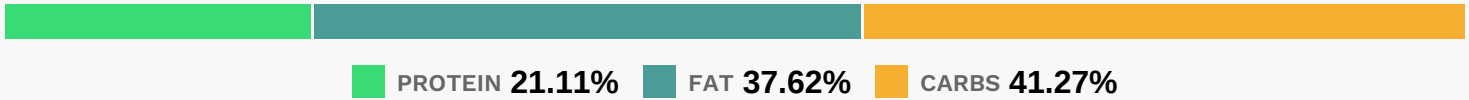
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 37
- ☐ Place the onion quarters on a baking sheet coated with cooking spray; lightly coat onion quarters with cooking spray.
- ☐ Remove white papery skin from garlic head (do not peel or separate cloves).
- ☐ Place garlic on a piece of aluminum foil.
- ☐ Drizzle with water; wrap in foil.
- ☐ Place wrapped garlic on baking sheet with onion quarters.
- ☐ Bake for 1 hour or until onion quarters are soft and lightly browned, turning after 30 minutes. Cool.
- ☐ Place onion in a large saucepan. Unwrap garlic; separate cloves and squeeze to extract pulp into pan. Discard garlic skins.
- ☐ Add saffron (if desired), broth, and bay leaf to pan. Bring to a simmer over medium heat. Stir in 3 tablespoons sherry, pepper, and salt. Reduce heat; simmer 15 minutes. Discard bay leaf.
- ☐ Place half of the onion mixture in a blender or food processor; process until smooth.

- ☐ Pour pureed mixture into a large bowl; repeat procedure with remaining onion mixture. Return onion mixture to pan; cook over low heat until thoroughly heated. Stir in 1 tablespoon sherry and juice.
- ☐ Ladle 1 cup soup into each of 4 bowls; top each serving with 2 tablespoons cheese.
- ☐ Sprinkle with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.2, Inflammation Score:-6, Nutrition Score:6.9769565281661%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg Myricetin: 1.63mg, Myricetin: 1.63mg, Myricetin: 1.63mg, Myricetin: 1.63mg Quercetin: 20.61mg, Quercetin: 20.61mg, Quercetin: 20.61mg, Quercetin: 20.61mg

Nutrients (% of daily need)

Calories: 123.37kcal (6.17%), Fat: 4.87g (7.49%), Saturated Fat: 2.58g (16.15%), Carbohydrates: 12.02g (4.01%), Net Carbohydrates: 10.68g (3.88%), Sugar: 7.61g (8.45%), Cholesterol: 13.18mg (4.39%), Sodium: 951.98mg (41.39%), Alcohol: 1.54g (100%), Alcohol %: 0.51% (100%), Protein: 6.15g (12.3%), Calcium: 166.43mg (16.64%), Phosphorus: 146.42mg (14.64%), Vitamin B12: 0.84µg (13.99%), Selenium: 9.63µg (13.75%), Vitamin B6: 0.24mg (12.06%), Vitamin C: 7.53mg (9.13%), Folate: 36.42µg (9.11%), Manganese: 0.18mg (8.97%), Potassium: 257.16mg (7.35%), Vitamin B2: 0.12mg (6.94%), Vitamin B3: 1.37mg (6.84%), Copper: 0.13mg (6.53%), Zinc: 0.88mg (5.83%), Magnesium: 21.54mg (5.38%), Fiber: 1.33g (5.33%), Vitamin B1: 0.08mg (5.12%), Vitamin B5: 0.46mg (4.61%), Iron: 0.75mg (4.18%), Vitamin A: 121.44IU (2.43%)