



Creamy Vidalia Onion Soup

READY IN



45 min.

SERVINGS



4

CALORIES



380 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups chicken broth
- 3 egg yolk beaten
- 1 tablespoon flour all-purpose
- 2 tablespoons parsley fresh chopped
- 4 servings pepper black to taste
- 0.5 cup cup heavy whipping cream
- 3 tablespoons butter
- 1 cup milk
- 1.5 teaspoons paprika

- 0.1 tablespoon hot sauce hot
- 0.5 teaspoon salt
- 4 onion thinly sliced

Equipment

- frying pan
- sauce pan

Directions

- In a saucepan, melt butter or margarine over medium heat.
- Add onions: saute until golden brown, about 10 minutes.
- Stir in flour and salt, and mix thoroughly. Gradually add chicken broth, stirring constantly. Cover, and simmer over low heat for about 10 minutes.
- When onions are very tender, stir in milk and cream.
- Heat through.
- Remove 1/2 cup soup, and mix in egg yolks. Slowly stir egg yolk mixture into soup in pan.
- Heat through, but do not allow soup to boil. Stir in paprika, black pepper, and red hot pepper sauce.
- Serve hot, and garnish with chopped parsley.

Nutrition Facts

 **PROTEIN 9.06%**  **FAT 58.39%**  **CARBS 32.55%**

Properties

Glycemic Index:48, Glycemic Load:2.17, Inflammation Score:-9, Nutrition Score:16.471304437389%

Flavonoids

Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 3.8mg, Kaempferol: 3.8mg, Kaempferol: 3.8mg, Kaempferol: 3.8mg Myricetin: 4.07mg, Myricetin: 4.07mg, Myricetin: 4.07mg, Myricetin: 4.07mg Quercetin: 48.07mg, Quercetin: 48.07mg, Quercetin: 48.07mg, Quercetin: 48.07mg

Nutrients (% of daily need)

Calories: 379.64kcal (18.98%), Fat: 25.37g (39.03%), Saturated Fat: 11.06g (69.11%), Carbohydrates: 31.81g (10.6%), Net Carbohydrates: 28.43g (10.34%), Sugar: 21.11g (23.45%), Cholesterol: 189.09mg (63.03%), Sodium: 902.22mg (39.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.86g (17.72%), Vitamin K: 35.8µg (34.1%), Vitamin A: 1651.15IU (33.02%), Vitamin B6: 0.55mg (27.29%), Folate: 104.02µg (26%), Phosphorus: 233.74mg (23.37%), Vitamin C: 19.06mg (23.1%), Vitamin B2: 0.37mg (21.87%), Calcium: 191.54mg (19.15%), Manganese: 0.36mg (17.87%), Selenium: 12.43µg (17.75%), Potassium: 586.09mg (16.75%), Vitamin B1: 0.24mg (16.3%), Fiber: 3.38g (13.54%), Vitamin D: 1.88µg (12.51%), Copper: 0.23mg (11.5%), Vitamin B12: 0.67µg (11.24%), Magnesium: 44.3mg (11.08%), Vitamin B5: 1.09mg (10.88%), Iron: 1.72mg (9.58%), Vitamin E: 1.33mg (8.85%), Zinc: 1.21mg (8.09%), Vitamin B3: 1mg (5%)