



Creamy White Onion Soup

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



569 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup apple cider vinegar
- 2 slices day-old brioche quartered
- 2 celery stalks chopped
- 0.3 cinnamon sticks
- 0.5 cup wine dry white
- 4 ounces fontina grated
- 1 tablespoon chives fresh chopped
- 4 garlic clove

- 2 tablespoons ginger peeled chopped
- 0.1 teaspoon ground allspice
- 1 cup cup heavy whipping cream
- 6 servings kosher salt
- 1 leek white thinly sliced
- 0.5 cup mirin
- 0.3 cup olive oil
- 1 tablespoon olive oil
- 1 medium onion red thinly sliced
- 0.1 teaspoon pepper red crushed
- 0.5 cup red wine
- 0.3 cup red wine vinegar
- 1 serrano chiles seeded chopped
- 2 shallots thinly sliced into rounds
- 0.5 star anise
- 0.3 cup sugar
- 1 tablespoon sugar
- 2 tablespoons butter unsalted
- 4 large onion white thinly sliced
- 0.3 cup citrus champagne vinegar

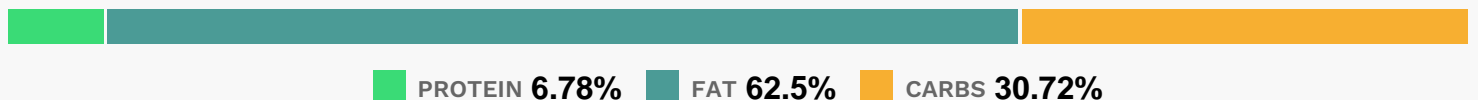
Equipment

- bowl
- frying pan
- sauce pan
- pot
- blender

Directions

- Place shallots in a small nonreactive bowl. Bring vinegars, sugar, and 1 cup water to a boil in a small saucepan, stirring to dissolve sugar.
- Pour over shallots; chill.
- DO AHEAD: Shallots can be pickled 5 days ahead. Cover and keep chilled.
- Heat oil in a medium skillet over medium-high heat.
- Add onion, season with salt, and cook, stirring often, until soft, 5–7 minutes.
- Add wine, vinegar, sugar, cinnamon, star anise, red pepper flakes, and allspice. Bring to a boil, reduce heat, and simmer, stirring occasionally, until liquid is thickened and syrupy, 40–45 minutes.
- DO AHEAD: Jam can be made 5 days ahead. Cover and chill.
- Heat oil in a large pot over medium-high heat.
- Add onions, leek, celery, garlic, chile, and ginger; season with salt. Cook, stirring often, until soft (do not let brown), 10–12 minutes.
- Add wine and mirin to pot, bring to a boil, and cook until reduced by half, about 4 minutes. Reduce heat to medium, cover, and cook, stirring occasionally, until onions are soft and translucent, 25–30 minutes.
- Let cool slightly, then pure in a blender until smooth. Strain into a large bowl and stir in cream (thin with water, if needed); season with salt. Reheat soup in a clean pot.
- DO AHEAD: Soup can be made 2 days ahead.
- Let cool; cover and chill.
- Heat butter in a large skillet over medium heat. Cook bread until golden, about 3 minutes (you'll have 2 extra). Flip, top with cheese, cover, and cook until cheese is melted, about 4 minutes. Top toasts with pickled shallots and chives.
- Spoon some jam into each bowl, pour soup around, and top with toasts.

Nutrition Facts



Properties

Glycemic Index:83.36, Glycemic Load:11.11, Inflammation Score:-8, Nutrition Score:10.629565197489%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.78mg, Malvidin: 2.78mg, Malvidin: 2.78mg, Malvidin: 2.78mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 5.97mg, Isorhamnetin: 5.97mg, Isorhamnetin: 5.97mg, Isorhamnetin: 5.97mg Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 24.47mg, Quercetin: 24.47mg, Quercetin: 24.47mg, Quercetin: 24.47mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 568.81kcal (28.44%), Fat: 38.25g (58.85%), Saturated Fat: 18.29g (114.29%), Carbohydrates: 42.31g (14.1%), Net Carbohydrates: 39.49g (14.36%), Sugar: 23.13g (25.7%), Cholesterol: 96.73mg (32.24%), Sodium: 575.47mg (25.02%), Alcohol: 6.15g (100%), Alcohol %: 2.32% (100%), Protein: 9.34g (18.69%), Vitamin A: 1273.2IU (25.46%), Manganese: 0.41mg (20.47%), Calcium: 190.1mg (19.01%), Vitamin K: 18.28µg (17.41%), Vitamin C: 13.1mg (15.88%), Vitamin E: 2.36mg (15.72%), Phosphorus: 150.11mg (15.01%), Vitamin B6: 0.29mg (14.67%), Fiber: 2.82g (11.27%), Potassium: 361.97mg (10.34%), Vitamin B2: 0.17mg (9.99%), Folate: 39.67µg (9.92%), Magnesium: 31.38mg (7.84%), Selenium: 5.28µg (7.55%), Zinc: 1.12mg (7.49%), Iron: 1.31mg (7.26%), Vitamin B12: 0.39µg (6.48%), Vitamin B1: 0.09mg (5.91%), Vitamin D: 0.82µg (5.45%), Copper: 0.1mg (5.17%), Vitamin B5: 0.42mg (4.18%), Vitamin B3: 0.4mg (2%)