



Creamy White Onion Soup

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



516 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 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
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons butter unsalted
- ☐ 4 large onion white thinly sliced
- ☐ 0.3 cup citrus champagne vinegar

Equipment

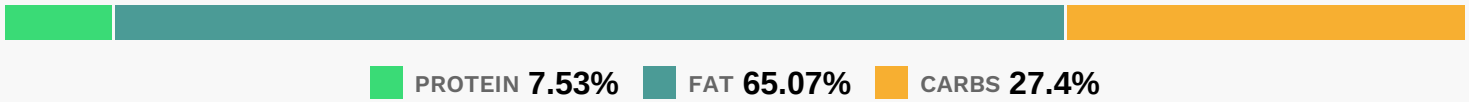
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ blender

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 purée 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:71.68, Glycemic Load:5.3, Inflammation Score:-8, Nutrition Score:10.459999872291%

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: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg 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: 516.09kcal (25.8%), Fat: 35.89g (55.22%), Saturated Fat: 17.96g (112.28%), Carbohydrates: 34.01g (11.34%), Net Carbohydrates: 31.19g (11.34%), Sugar: 14.82g (16.46%), Cholesterol: 96.73mg (32.24%), Sodium: 575.34mg (25.01%), Alcohol: 6.15g (100%), Alcohol %: 2.4% (100%), Protein: 9.34g (18.69%), Vitamin A: 1273.2IU (25.46%), Manganese: 0.41mg (20.46%), Calcium: 189.99mg (19%), Vitamin K: 16.88µg (16.07%), Vitamin C: 13.1mg (15.88%), Phosphorus: 150.11mg (15.01%), Vitamin B6: 0.29mg (14.67%), Vitamin E: 2.02mg (13.48%), Fiber: 2.82g (11.27%), Potassium: 361.78mg (10.34%), Folate: 39.67µg (9.92%), Vitamin B2: 0.17mg (9.9%), Magnesium: 31.38mg (7.84%), Zinc: 1.12mg (7.49%), Selenium: 5.23µg (7.47%), Iron: 1.29mg (7.16%), Vitamin B12: 0.39µg (6.48%), Vitamin B1: 0.09mg (5.91%), Vitamin D: 0.82µg (5.45%), Copper: 0.1mg (5.14%), Vitamin B5: 0.42mg (4.18%), Vitamin B3: 0.4mg (2%)