



Dinner Tonight: Quick, Light French Onion Soup

READY IN



45 min.

SERVINGS



4

CALORIES



644 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 6 cups chicken stock see homemade
- ☐ 4 slices top
- ☐ 2 cups wine dry white such as muscadet
- ☐ 5 ounces gruyere cheese freshly grated
- ☐ 1 pound onion sweet white yellow peeled thinly sliced

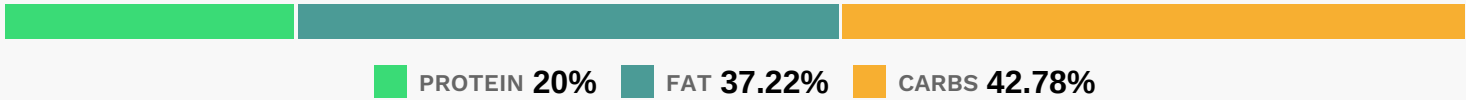
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat the oven to 500°F.
- ☐ Combine the onions, wine, butter, and a large pinch of salt in a baking dish and cook, uncovered, until the wine is absorbed almost completely into the onions, and they are tender and golden, 45 minutes or perhaps a little longer.
- ☐ In the meantime, bring the chicken stock to a simmer in a large saucepan. Season to taste with salt and pepper.
- ☐ When the onions are finished, divide them among 4 deep broiler-safe bowls. Cover the onions with chicken stock to fill the bowls, and place a slice of bread on each. Distribute the grated cheese over the bread and broil until the cheese is golden and bubbling, 2 to 3 minutes.

Nutrition Facts



Properties

Glycemic Index:43.13, Glycemic Load:28.41, Inflammation Score:-8, Nutrition Score:22.162608525027%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 23.07mg, Quercetin: 23.07mg, Quercetin: 23.07mg, Quercetin: 23.07mg

Nutrients (% of daily need)

Calories: 643.98kcal (32.2%), Fat: 23.11g (35.55%), Saturated Fat: 11.84g (73.98%), Carbohydrates: 59.77g (19.92%), Net Carbohydrates: 56.43g (20.52%), Sugar: 14.74g (16.37%), Cholesterol: 64.83mg (21.61%), Sodium: 1208.65mg (52.55%), Alcohol: 12.36g (100%), Alcohol %: 2.24% (100%), Protein: 27.94g (55.87%), Selenium: 32.12µg (45.88%), Vitamin B3: 9.07mg (45.37%), Calcium: 440.55mg (44.06%), Vitamin B1: 0.66mg (44.01%), Phosphorus: 434.96mg (43.5%), Vitamin B2: 0.73mg (42.89%), Manganese: 0.63mg (31.4%), Folate: 123.22µg (30.8%), Vitamin B6: 0.51mg (25.65%), Iron: 3.88mg (21.57%), Potassium: 734.03mg (20.97%), Zinc: 2.89mg (19.3%), Magnesium: 71.12mg (17.78%), Copper: 0.35mg (17.6%), Fiber: 3.34g (13.34%), Vitamin C: 9.11mg (11.04%), Vitamin A: 523.94IU (10.48%), Vitamin B12: 0.58µg (9.65%), Vitamin B5: 0.61mg (6.14%), Vitamin E: 0.53mg (3.51%), Vitamin K: 3.55µg (3.38%), Vitamin D: 0.21µg (1.42%)