



Fall French Onion Soup

 Vegetarian

READY IN



620 min.

SERVINGS



6

CALORIES



1454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups apple cider
- ☐ 0.5 cup butter divided
- ☐ 4 cups chicken broth
- ☐ 6 bread french
- ☐ 0.5 cup gouda cheese shredded
- ☐ 2 granny smith apples cored peeled chopped
- ☐ 1 tablespoon ground cinnamon
- ☐ 2 tablespoons olive oil

- ☐ 4 large onions thinly sliced
- ☐ 1 tablespoon sugar white

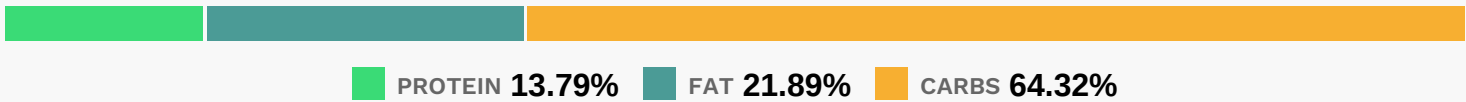
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ ladle
- ☐ oven
- ☐ broiler
- ☐ slow cooker

Directions

- ☐ Set a slow cooker on Low, and put in half of the butter to melt.
- ☐ Add the onions and apples; cover and cook on Low for 6 to 8 hours.
- ☐ After the cooking time is up and apples and onions are soft, pour in the brandy, chicken broth and apple cider. Set the slow cooker to High and cook for 1 to 2 hours, until simmering.
- ☐ Preheat the oven broiler.
- ☐ Mix together the cinnamon, sugar and remaining butter.
- ☐ Spread onto one side of each slice of bread.
- ☐ Place bread cinnamon side up on a baking sheet, and broil until toasted, about 3 minutes.
- ☐ Remove from the oven, flip the slices over so the cinnamon is on the bottom.
- ☐ Sprinkle Gouda cheese on the top and return to the broiler until the cheese is melted.
- ☐ Ladle soup into serving bowls and top with slices of toast, cheese side up to serve.

Nutrition Facts



Properties

Glycemic Index:55.39, Glycemic Load:168.52, Inflammation Score:-10, Nutrition Score:46.666087116884%

Flavonoids

Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.53mg, Catechin: 1.53mg, Catechin: 1.53mg, Catechin: 1.53mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 7.35mg, Epicatechin: 7.35mg, Epicatechin: 7.35mg, Epicatechin: 7.35mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 23.07mg, Quercetin: 23.07mg, Quercetin: 23.07mg, Quercetin: 23.07mg

Nutrients (% of daily need)

Calories: 1454.15kcal (72.71%), Fat: 35.72g (54.96%), Saturated Fat: 16.05g (100.31%), Carbohydrates: 236.18g (78.73%), Net Carbohydrates: 223.4g (81.24%), Sugar: 37.85g (42.06%), Cholesterol: 66.28mg (22.09%), Sodium: 3279.55mg (142.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.64g (101.29%), Vitamin B1: 2.95mg (196.58%), Selenium: 118.69µg (169.55%), Manganese: 2.6mg (129.85%), Folate: 517.61µg (129.4%), Vitamin B2: 1.93mg (113.32%), Vitamin B3: 19.88mg (99.38%), Iron: 16.29mg (90.51%), Phosphorus: 579.11mg (57.91%), Fiber: 12.78g (51.13%), Calcium: 401.6mg (40.16%), Magnesium: 152.45mg (38.11%), Copper: 0.71mg (35.29%), Zinc: 5.29mg (35.24%), Vitamin B6: 0.6mg (30.1%), Potassium: 800.93mg (22.88%), Vitamin B5: 1.63mg (16.32%), Vitamin E: 2.23mg (14.85%), Vitamin C: 10.77mg (13.06%), Vitamin A: 626.14IU (12.52%), Vitamin K: 9.54µg (9.08%), Vitamin B12: 0.37µg (6.12%)