



Fall Onion Soup

 **Gluten Free**

READY IN



50 min.

SERVINGS



4

CALORIES



144 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup apple cider
- 1 tablespoon butter
- 1 cup chicken broth
- 1 tablespoon olive oil
- 2 large onions sliced
- 0.3 cup parmesan cheese grated to taste
- 1 teaspoon thyme leaves




Equipment

pot

Directions

- Melt butter with olive oil and thyme in a pot over medium-low heat. Cook and stir onions in butter mixture until caramelized, about 20 minutes.
- Pour chicken broth and apple cider into pot; simmer mixture for 20 minutes.
- Garnish with Parmesan cheese.

Nutrition Facts

 PROTEIN 8.6%  FAT 51.14%  CARBS 40.26%

Properties

Glycemic Index:40.69, Glycemic Load:4.24, Inflammation Score:-7, Nutrition Score:4.0539130574983%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 15.57mg, Quercetin: 15.57mg, Quercetin: 15.57mg, Quercetin: 15.57mg

Nutrients (% of daily need)

Calories: 143.52kcal (7.18%), Fat: 8.37g (12.88%), Saturated Fat: 3.31g (20.66%), Carbohydrates: 14.83g (4.94%), Net Carbohydrates: 13.37g (4.86%), Sugar: 9.11g (10.13%), Cholesterol: 14.14mg (4.71%), Sodium: 355.32mg (15.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.34%), Manganese: 0.18mg (9.07%), Vitamin C: 6.88mg (8.34%), Calcium: 82.47mg (8.25%), Phosphorus: 69.22mg (6.92%), Fiber: 1.46g (5.85%), Potassium: 195.09mg (5.57%), Vitamin B6: 0.11mg (5.38%), Vitamin B2: 0.09mg (5.3%), Vitamin E: 0.66mg (4.41%), Selenium: 2.89µg (4.13%), Vitamin B1: 0.06mg (4.09%), Folate: 14.95µg (3.74%), Magnesium: 14.1mg (3.52%), Vitamin A: 168.55IU (3.37%), Zinc: 0.46mg (3.09%), Vitamin K: 2.76µg (2.63%), Copper: 0.05mg (2.52%), Iron: 0.41mg (2.25%), Vitamin B12: 0.1µg (1.7%), Vitamin B5: 0.15mg (1.53%), Vitamin B3: 0.27mg (1.37%)