



## French Onion Soup II

READY IN



45 min.

SERVINGS



6

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 28 ounce beef broth canned
- 6 slices bread french toasted
- 1 pinch pepper black
- 1 pound onion sliced
- 0.7 cup swiss cheese shredded
- 3 tablespoons vegetable oil
- 1 teaspoon worcestershire sauce

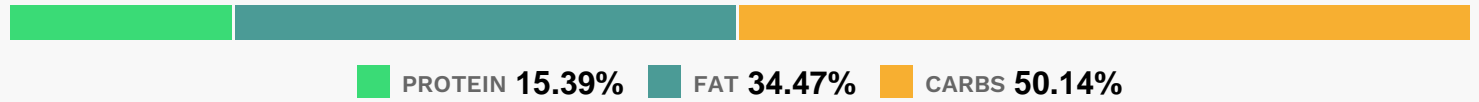
### Equipment

- bowl
- baking sheet
- sauce pan
- ladle

## Directions

- Cook and stir onions in vegetable oil in a covered large saucepan over medium heat for 20 minutes. Stir in the beef broth, Worcestershire sauce and black pepper; heat to a boil.
- Remove from heat.
- Place bread on a baking sheet; sprinkle bread with cheese. Broil 4-to-5 inches from heat for about 1 minute or until cheese is melted and golden.
- Ladle soup into bowls and top with bread.

## Nutrition Facts



## Properties

Glycemic Index:27.75, Glycemic Load:27.21, Inflammation Score:-6, Nutrition Score:12.866521607275%

## Flavonoids

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: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.35mg, Quercetin: 15.35mg, Quercetin: 15.35mg, Quercetin: 15.35mg

## Nutrients (% of daily need)

Calories: 321.66kcal (16.08%), Fat: 12.44g (19.13%), Saturated Fat: 3.74g (23.36%), Carbohydrates: 40.71g (13.57%), Net Carbohydrates: 38.01g (13.82%), Sugar: 6.26g (6.96%), Cholesterol: 11.16mg (3.72%), Sodium: 915.66mg (39.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.49g (24.99%), Selenium: 23.23µg (33.18%), Vitamin B1: 0.49mg (32.92%), Folate: 96.89µg (24.22%), Manganese: 0.45mg (22.44%), Vitamin B2: 0.36mg (21.13%), Vitamin B3: 4.22mg (21.09%), Phosphorus: 175.83mg (17.58%), Calcium: 166.55mg (16.65%), Iron: 2.96mg (16.43%), Vitamin K: 13.46µg (12.82%), Fiber: 2.7g (10.79%), Vitamin B6: 0.18mg (9.04%), Zinc: 1.32mg (8.8%), Magnesium: 34.8mg (8.7%), Potassium: 273.44mg (7.81%), Vitamin B12: 0.46µg (7.58%), Vitamin C: 5.72mg (6.94%), Copper: 0.13mg (6.73%), Vitamin E: 0.78mg (5.19%), Vitamin B5: 0.38mg (3.85%), Vitamin A: 101.99IU (2.04%)