

Five-Onion Soup

READY IN



85 min.

SERVINGS



10

CALORIES



278 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups beef broth
- ☐ 0.5 cup butter
- ☐ 0.5 teaspoon caraway seeds
- ☐ 6 cups chicken stock see
- ☐ 12 ounce bread french toasted sliced
- ☐ 0.3 cup chives fresh chopped
- ☐ 4 spring onion sliced
- ☐ 1 teaspoon pepper black
- ☐ 2 ounces gruyere cheese shredded

- ☐ 1 onion red halved sliced
- ☐ 1 teaspoon salt
- ☐ 5 shallots sliced
- ☐ 0.5 bunch thyme sprigs fresh
- ☐ 2 onion white halved sliced

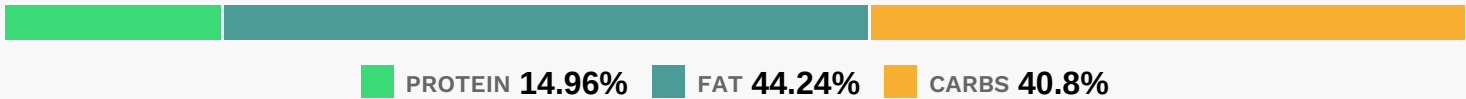
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ ladle
- ☐ oven
- ☐ pot
- ☐ kitchen twine

Directions

- ☐ Melt butter in a large (6-quart) soup pot over medium-high heat; add onions and shallots. Cook, stirring frequently, 30 to 35 minutes or until onions are softened and a deep golden brown.
- ☐ Tie thyme in a bundle with kitchen string, and add to onion mixture. Stir in caraway seeds, chicken stock, and veal broth. Bring to a boil; reduce heat, and simmer, uncovered, 20 minutes.
- ☐ Remove thyme; stir in salt and pepper.
- ☐ Ladle soup into oven-safe bowls. Top with French bread slices, and sprinkle with cheese.
- ☐ Place bowls on a baking sheet; broil 2 minutes or until cheese melts and bubbles.
- ☐ Sprinkle each serving evenly with green onions and chives.

Nutrition Facts



Properties

Glycemic Index:36.85, Glycemic Load:14.92, Inflammation Score:-7, Nutrition Score:10.340869591936%

Flavonoids

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: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.26mg, Quercetin: 7.26mg, Quercetin: 7.26mg, Quercetin: 7.26mg

Nutrients (% of daily need)

Calories: 277.6kcal (13.88%), Fat: 13.78g (21.2%), Saturated Fat: 7.62g (47.65%), Carbohydrates: 28.59g (9.53%), Net Carbohydrates: 26.61g (9.68%), Sugar: 6.39g (7.1%), Cholesterol: 34.96mg (11.65%), Sodium: 938.98mg (40.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.48g (20.97%), Vitamin B3: 4.4mg (22.02%), Vitamin B1: 0.32mg (21.58%), Selenium: 14.54µg (20.78%), Vitamin B2: 0.32mg (18.56%), Folate: 65.69µg (16.42%), Manganese: 0.31mg (15.27%), Phosphorus: 138.39mg (13.84%), Vitamin K: 14.1µg (13.43%), Iron: 2.1mg (11.69%), Vitamin B6: 0.22mg (11.13%), Calcium: 104mg (10.4%), Potassium: 335.65mg (9.59%), Vitamin A: 445.21IU (8.9%), Copper: 0.17mg (8.28%), Fiber: 1.98g (7.9%), Magnesium: 28.11mg (7.03%), Vitamin C: 5.55mg (6.73%), Zinc: 0.93mg (6.2%), Vitamin E: 0.44mg (2.92%), Vitamin B5: 0.25mg (2.55%), Vitamin B12: 0.14µg (2.39%)