



French Onion and Apple Soup

READY IN



130 min.

SERVINGS



10

CALORIES



230 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup apple cider
- 2 bay leaves
- 0.8 teaspoon pepper black
- 6 cups lower-sodium beef broth
- 0.5 cup madeira wine dry
- 1 pink lady apples peeled quartered cut into julienne strips
- 1 tablespoon sherry vinegar
- 0.5 ounce sourdough bread cut into 1-inch cubes
- 8 ounces swiss cheese grated

- 3 thyme sprigs
- 3 tablespoons butter unsalted
- 4 pounds onion yellow sliced

Equipment

- bowl
- frying pan
- ladle
- oven
- broiler
- dutch oven

Directions

- Melt butter in a Dutch oven over medium heat.
- Add onion to pan; cook 5 minutes, stirring frequently. Continue cooking 50 minutes or until deep golden brown, stirring occasionally.
- Add pepper, apple, thyme sprigs, and bay leaves; cook 3 minutes or until apples soften.
- Add wine; cook 2 minutes, scraping pan to loosen browned bits.
- Add broth and cider; bring to a boil. Reduce heat, and simmer 45 minutes. Discard bay leaves; stir in vinegar.
- Preheat broiler.
- Arrange bread cubes in a single layer on a jelly-roll pan; broil 2 minutes or until toasted, turning after 1 minute.
- Preheat oven to 50
- Ladle 1 cup soup into each of 10 ovenproof soup bowls. Divide the croutons evenly among bowls, and top each serving with about 3 tablespoons cheese.
- Place bowls on jelly-roll pan.
- Bake at 500 for 8 minutes or until cheese melts.
- Garnish with thyme leaves, if desired.

Nutrition Facts

PROTEIN 18.88% FAT 42.08% CARBS 39.04%

Properties

Glycemic Index:29.92, Glycemic Load:5.68, Inflammation Score:-8, Nutrition Score:9.1565217829269%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.99mg, Epicatechin: 1.99mg, Epicatechin: 1.99mg, Epicatechin: 1.99mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 9.09mg, Isorhamnetin: 9.09mg, Isorhamnetin: 9.09mg, Isorhamnetin: 9.09mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 37.63mg, Quercetin: 37.63mg, Quercetin: 37.63mg, Quercetin: 37.63mg

Nutrients (% of daily need)

Calories: 230.43kcal (11.52%), Fat: 10.71g (16.48%), Saturated Fat: 6.38g (39.88%), Carbohydrates: 22.36g (7.45%), Net Carbohydrates: 18.7g (6.8%), Sugar: 10.91g (12.12%), Cholesterol: 30.12mg (10.04%), Sodium: 323.64mg (14.07%), Alcohol: 1.24g (100%), Alcohol %: 0.39% (100%), Protein: 10.81g (21.63%), Calcium: 250.58mg (25.06%), Phosphorus: 190.98mg (19.1%), Vitamin C: 14.87mg (18.02%), Potassium: 616.09mg (17.6%), Manganese: 0.3mg (14.93%), Fiber: 3.66g (14.64%), Vitamin B6: 0.25mg (12.63%), Selenium: 8.21µg (11.73%), Vitamin B12: 0.69µg (11.53%), Folate: 39.25µg (9.81%), Zinc: 1.35mg (9%), Vitamin B2: 0.14mg (7.97%), Magnesium: 29.69mg (7.42%), Vitamin B1: 0.1mg (6.85%), Vitamin A: 323.08IU (6.46%), Copper: 0.09mg (4.75%), Vitamin B5: 0.36mg (3.55%), Iron: 0.62mg (3.43%), Vitamin E: 0.31mg (2.06%), Vitamin K: 2.04µg (1.94%), Vitamin B3: 0.34mg (1.7%)