



food
network

French Onion Dip Soup with Dijon and Gruyere Croutons

READY IN



110 min.

SERVINGS



4

CALORIES



516 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 cups beef stock
- 4 tablespoons butter ()
- 4 servings salt and coarse pepper black
- 1 cup crème fraîche
- 3 inches top french 1-inch-thick cut into rounds/slices)
- 0.3 cup cooking sherry dry
- 1 large bay leaf fresh
- 4 cloves garlic finely chopped

- 0.5 teaspoon ground thyme
- 4 servings gruyère cheese sliced for melting
- 2 to 3 leeks dried split cleaned trimmed sliced into 1/2-inch pieces, and
- 4 large onions thinly sliced
- 4 servings scallions thinly sliced for garnish
- 4 shallots halved sliced
- 4 servings spicy mustard such as gulden's
- 2 tablespoons worcestershire sauce

Equipment

- bowl
- oven
- pot
- broiler

Directions

- Heat a soup pot over medium heat; add the butter and melt. When the butter foams, add the onions, leeks, shallots, garlic, bay leaf, thyme and salt and pepper. Partially cover and cook, stirring occasionally, until caramelized, about 35 minutes. Deglaze the pot with sherry, then add the Worcestershire and stock. Taste for seasoning when it comes to a bubble. Cool and store for a make-ahead meal.
- Heat the soup and creme fraiche over medium heat until bubbly and thickened a bit. Toast the bread on the middle rack under the broiler; remove and top one side with the mustard and cheese. Return to the oven to melt the cheese.
- Serve the soup in shallow bowls, topped with scallions and cheesy croutons.

Nutrition Facts



PROTEIN 15.42% FAT 57.13% CARBS 27.45%

Properties

Glycemic Index:82.13, Glycemic Load:7.09, Inflammation Score:-9, Nutrition Score:22.367391202761%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg Kaempferol: 2.25mg, Kaempferol: 2.25mg, Kaempferol: 2.25mg, Kaempferol: 2.25mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 31.19mg, Quercetin: 31.19mg, Quercetin: 31.19mg, Quercetin: 31.19mg

Nutrients (% of daily need)

Calories: 516.16kcal (25.81%), Fat: 33.03g (50.82%), Saturated Fat: 18.89g (118.09%), Carbohydrates: 35.72g (11.91%), Net Carbohydrates: 31.04g (11.29%), Sugar: 15.09g (16.76%), Cholesterol: 97.03mg (32.34%), Sodium: 1307mg (56.83%), Alcohol: 1.54g (100%), Alcohol %: 0.3% (100%), Protein: 20.06g (40.11%), Calcium: 485.47mg (48.55%), Phosphorus: 417.92mg (41.79%), Vitamin K: 39.51µg (37.63%), Vitamin A: 1814.95IU (36.3%), Potassium: 1155.29mg (33.01%), Vitamin B2: 0.55mg (32.37%), Vitamin B6: 0.64mg (31.91%), Manganese: 0.61mg (30.62%), Vitamin C: 22.22mg (26.93%), Folate: 86.19µg (21.55%), Selenium: 14.48µg (20.69%), Magnesium: 78.41mg (19.6%), Iron: 3.41mg (18.92%), Fiber: 4.68g (18.72%), Vitamin B1: 0.28mg (18.63%), Copper: 0.34mg (17.17%), Vitamin B3: 3.36mg (16.82%), Zinc: 2.44mg (16.29%), Vitamin B12: 0.62µg (10.41%), Vitamin E: 1.18mg (7.87%), Vitamin B5: 0.75mg (7.47%), Vitamin D: 0.18µg (1.2%)