

## French Onion Marsala Soup

READY IN



45 min.

SERVINGS



4

CALORIES



515 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup butter
- 2 tablespoons olive oil
- 4 cups onion sliced
- 42 oz beef broth canned
- 0.5 cup plum brandy
- 1 teaspoon thyme dried
- 4 servings salt and pepper to taste
- 2 tbsp sugar
- 2 bags texas toast croutons

- 8 slices provolone cheese
- 2 slices swiss cheese diced
- 0.3 cup parmesan cheese grated

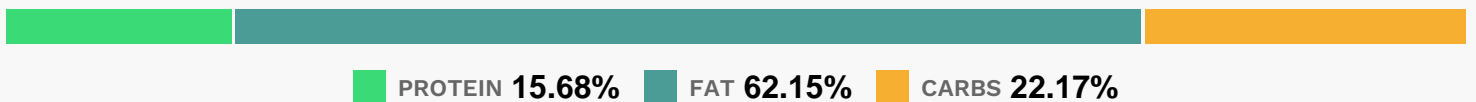
## Equipment

- bowl
- baking sheet
- ladle
- oven
- pot

## Directions

- Melt butter with olive oil in a large pot over medium heat.
- Add onions and stir continually until translucent.
- Add beef broth, marsala and thyme. Simmer for 30 minutes.
- Add sugar and season with salt and pepper. Be careful not to over salt!
- Ladle soup into oven-safe bowls and place a handful of croutons in each.
- Sprinkle parmesan and swiss cheese and layer 2 slices of provolone on top.
- Place bowls on cookie sheet and broil in the preheated oven until cheese bubbles and browns.

## Nutrition Facts



## Properties

Glycemic Index:50.27, Glycemic Load:7.75, Inflammation Score:-8, Nutrition Score:13.975652173913%

## Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 2.96mg, Catechin: 2.96mg,

Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 33.06mg, Quercetin: 33.06mg, Quercetin: 33.06mg

## Taste

Sweetness: 37.44%, Saltiness: 78.91%, Sourness: 22.65%, Bitterness: 25.43%, Savoriness: 18.89%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 515.08kcal (25.75%), Fat: 33.94g (52.21%), Saturated Fat: 17.7g (110.62%), Carbohydrates: 27.24g (9.08%), Net Carbohydrates: 24.42g (8.88%), Sugar: 15.36g (17.07%), Cholesterol: 70.07mg (23.36%), Sodium: 1805.77mg (78.51%), Alcohol: 4.59g (25.5%), Protein: 19.27g (38.53%), Calcium: 483.62mg (48.36%), Phosphorus: 368.6mg (36.86%), Selenium: 13.48µg (19.26%), Vitamin B12: 1.13µg (18.81%), Vitamin B2: 0.29mg (16.9%), Vitamin A: 826.26IU (16.53%), Manganese: 0.3mg (15.09%), Zinc: 2.19mg (14.61%), Vitamin C: 11.97mg (14.5%), Potassium: 497.59mg (14.22%), Vitamin B3: 2.66mg (13.29%), Vitamin B6: 0.26mg (13.12%), Fiber: 2.83g (11.3%), Vitamin K: 11.19µg (10.66%), Folate: 42.4µg (10.6%), Vitamin E: 1.56mg (10.39%), Magnesium: 41.12mg (10.28%), Iron: 1.58mg (8.79%), Vitamin B1: 0.1mg (6.45%), Vitamin B5: 0.52mg (5.19%), Copper: 0.1mg (4.75%), Vitamin D: 0.22µg (1.48%)