



French Onion Soup

READY IN



55 min.

SERVINGS



55

CALORIES



36 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 bay leaf
- 14 oz beef broth canned
- 6 slices bread french toasted
- 2 Tbsp butter
- 3 large onions spanish peeled sliced
- 0.3 cup parmesan cheese grated kraft
- 1 cup swiss cheese shredded kraft
- 3 cups water cold

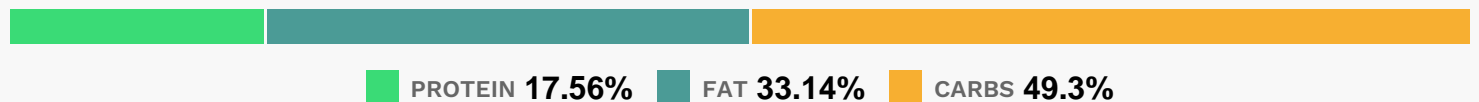
Equipment

- bowl
- frying pan
- ladle
- broiler

Directions

- Melt margarine in large skillet on medium heat.
- Add onions; cook about 15 minutes or until golden brown, stirring frequently.
- Add broth, water and bay leaf; stir. Cover; simmer 15 minutes.
- Remove and discard bay leaf.
- Preheat broiler. Ladle hot soup evenly into 6 ovenproof bowls; top each bowl of soup with a toast slice.
- Sprinkle evenly with cheeses.
- Broil 5 to 10 minutes or until cheese is golden brown.

Nutrition Facts



Properties

Glycemic Index:2.45, Glycemic Load:2.97, Inflammation Score:-1, Nutrition Score:1.4699999976741%

Flavonoids

Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 36.07kcal (1.8%), Fat: 1.34g (2.06%), Saturated Fat: 0.56g (3.51%), Carbohydrates: 4.48g (1.49%), Net Carbohydrates: 4.19g (1.52%), Sugar: 0.67g (0.74%), Cholesterol: 2.22mg (0.74%), Sodium: 86.24mg (3.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.19%), Selenium: 2.84µg (4.05%), Vitamin B1: 0.05mg (3.59%), Calcium: 27.99mg (2.8%), Folate: 10.5µg (2.62%), Phosphorus: 24.91mg (2.49%), Vitamin B2: 0.04mg

(2.43%), Manganese: 0.05mg (2.42%), Vitamin B3: 0.4mg (2.02%), Iron: 0.31mg (1.71%), Zinc: 0.19mg (1.29%),
Vitamin B12: 0.07µg (1.18%), Fiber: 0.29g (1.17%), Magnesium: 4.15mg (1.04%)