



French Onion Soup

READY IN



339 min.

SERVINGS



6

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 1.5 pounds meaty beef bones
- 1 pound beef shanks
- 0.5 teaspoon pepper black freshly ground
- 1 tablespoon peppercorns whole black
- 0.5 ounce bread baguette french
- 1 tablespoon butter
- 2 large carrots peeled coarsely chopped
- 2 celery stalks coarsely chopped

- 0.3 cup chives fresh chopped
- 1 bunch flat-leaf parsley fresh
- 1 teaspoon thyme leaves fresh chopped
- 4 ounces gruyère cheese shredded packed (1 cup,)
- 1.1 teaspoons kosher salt
- 2 tablespoons olive oil
- 1 medium onion cut into wedges
- 13 cups onions vertically sliced
- 3 thyme sprigs fresh
- 3 quarts water cold

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- ladle
- oven
- sieve
- broiler
- dutch oven
- cheesecloth

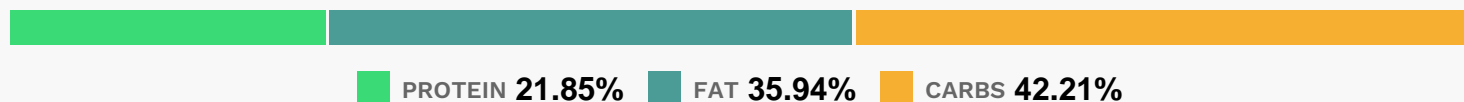
Directions

- Preheat oven to 45
- To prepare stock, arrange first 5 ingredients in a single layer on a large baking sheet.
- Bake at 450 for 35 minutes or until browned. Scrape beef mixture and pan drippings into a large Dutch oven. Stir in 3 quarts cold water and next 4 ingredients (through bay leaf); bring to a boil over medium heat. Reduce heat to low, and simmer 2 1/2 hours, skimming surface as

necessary. Strain mixture through a fine-mesh sieve lined with a double layer of cheesecloth over a bowl; discard solids. Wipe pan clean with paper towels.

- To prepare soup, return Dutch oven to medium heat.
- Add oil to pan; swirl to coat. Melt butter in oil.
- Add sliced onion to pan; cook for 5 minutes, stirring occasionally. Partially cover, reduce heat to medium-low, and cook 15 minutes, stirring occasionally.
- Add salt and ground pepper; cook, uncovered, until deep golden brown (about 35 minutes), stirring frequently.
- Add reserved stock and chopped thyme; bring to a boil. Reduce heat, and simmer until reduced to 8 cups (about 50 minutes). Stir in chives.
- Preheat broiler to high.
- Arrange bread slices in a single layer on a jelly-roll pan, and broil for 2 minutes or until toasted, turning after 1 minute. Ladle 1 1/3 cups soup into each of 6 broiler-safe soup bowls. Top each serving with 2 bread slices, and sprinkle evenly with cheese.
- Place soup bowls on jelly-roll pan, and broil for 4 minutes or until tops are golden brown and cheese bubbles.

Nutrition Facts



Properties

Glycemic Index:82.39, Glycemic Load:9.61, Inflammation Score:-10, Nutrition Score:29.513043559116%

Flavonoids

Apigenin: 20.57mg, Apigenin: 20.57mg, Apigenin: 20.57mg, Apigenin: 20.57mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Isorhamnetin: 18.4mg, Isorhamnetin: 18.4mg, Isorhamnetin: 18.4mg, Isorhamnetin: 18.4mg Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg Myricetin: 1.53mg, Myricetin: 1.53mg, Myricetin: 1.53mg, Myricetin: 1.53mg Quercetin: 74.26mg, Quercetin: 74.26mg, Quercetin: 74.26mg, Quercetin: 74.26mg

Nutrients (% of daily need)

Calories: 365.97kcal (18.3%), Fat: 15.05g (23.16%), Saturated Fat: 6.21g (38.84%), Carbohydrates: 39.79g (13.26%), Net Carbohydrates: 31.9g (11.6%), Sugar: 16.93g (18.81%), Cholesterol: 43.5mg (14.5%), Sodium: 690.57mg (30.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.59g (41.19%), Vitamin K: 170.87µg (162.73%), Vitamin A: 5183.69IU (103.67%), Vitamin C: 43.41mg (52.62%), Manganese: 0.8mg (40.03%), Vitamin B6: 0.72mg (36.13%),

Calcium: 334.94mg (33.49%), Phosphorus: 334.76mg (33.48%), Zinc: 4.79mg (31.92%), Fiber: 7.89g (31.56%),
Vitamin B12: 1.82µg (30.28%), Potassium: 894.57mg (25.56%), Folate: 99.79µg (24.95%), Selenium: 13.44µg (19.2%),
Vitamin B1: 0.27mg (17.96%), Vitamin B3: 3.57mg (17.87%), Vitamin B2: 0.3mg (17.36%), Magnesium: 68.16mg
(17.04%), Iron: 2.99mg (16.64%), Copper: 0.32mg (15.87%), Vitamin B5: 0.87mg (8.66%), Vitamin E: 1.11mg (7.42%)