



French Onion Soup

READY IN



120 min.

SERVINGS



8

CALORIES



587 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounces apple cider (unfiltered is best)
- 10 ounces beef consume canned
- 1 loaf bread country style
- 3 tablespoons butter
- 10 ounces chicken broth
- 8 servings splash cognac
- 8 servings ground pepper black
- 1 cup gruyère cheese grated
- 8 servings kosher salt

- 10 a combination of and onions sweet red (like Vidalias)
- 1 sprigs bouquet garni; thyme bay leaf and parsley
- 2 cups white wine

Equipment

- frying pan
- baking sheet
- ladle
- oven
- broiler

Directions

- Trim the ends off each onion then slice from end to end.
- Remove peel and finely slice into half moon shapes. Set electric skillet to 300 degrees and add butter. Once butter has melted add a layer of onions and sprinkle with a little salt. Repeat layering onions and salt until all onions are in the skillet. Do not try stirring until onions have sweated down for 15 to 20 minutes. After that, stir occasionally until onions are dark mahogany and reduced to approximately 2 cups. This should take 45 minutes to 1 hour. Do not worry about burning.
- Add enough wine to cover the onions and turn heat to high, reducing the wine to a syrup consistency.
- Add consume, chicken broth, apple cider and bouquet garni. Reduce heat and simmer 15 to 20 minutes.
- Place oven rack in top 1/3 of oven and heat broiler.
- Cut country bread in rounds large enough to fit mouth of oven safe soup crocks.
- Place the slices on a baking sheet and place under broiler for 1 minute.
- Season soup mixture with salt, pepper and cognac. Ladle soup into crocks leaving one inch to the lip.
- Place bread round, toasted side down, on top of soup and top with grated cheese. Broil until cheese is bubbly and golden, 1 to 2 minutes.

Nutrition Facts

PROTEIN 17.18% FAT 36.58% CARBS 46.24%

Properties

Glycemic Index:29.8, Glycemic Load:26.38, Inflammation Score:-8, Nutrition Score:21.067391255628%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg 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: 6.89mg, Isorhamnetin: 6.89mg, Isorhamnetin: 6.89mg, Isorhamnetin: 6.89mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 28.14mg, Quercetin: 28.14mg, Quercetin: 28.14mg, Quercetin: 28.14mg

Nutrients (% of daily need)

Calories: 586.62kcal (29.33%), Fat: 20.8g (32%), Saturated Fat: 9.2g (57.52%), Carbohydrates: 59.16g (19.72%), Net Carbohydrates: 53.29g (19.38%), Sugar: 14.9g (16.56%), Cholesterol: 55.31mg (18.44%), Sodium: 912.74mg (39.68%), Alcohol: 11.19g (100%), Alcohol %: 3.33% (100%), Protein: 21.98g (43.96%), Manganese: 1.34mg (66.79%), Selenium: 33.17µg (47.39%), Vitamin B3: 6.6mg (33.01%), Calcium: 323.42mg (32.34%), Phosphorus: 322.2mg (32.22%), Vitamin B1: 0.46mg (30.46%), Folate: 103.51µg (25.88%), Iron: 4.37mg (24.25%), Fiber: 5.87g (23.47%), Vitamin B2: 0.39mg (22.87%), Zinc: 3.36mg (22.42%), Vitamin B6: 0.43mg (21.32%), Vitamin B12: 1.04µg (17.31%), Magnesium: 69.12mg (17.28%), Potassium: 518mg (14.8%), Vitamin C: 10.72mg (13%), Vitamin B5: 1.19mg (11.91%), Copper: 0.22mg (11.17%), Vitamin K: 6.57µg (6.26%), Vitamin A: 301.41IU (6.03%), Vitamin E: 0.52mg (3.47%)