



French Onion Soup

READY IN



45 min.

SERVINGS



6

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 quarts beef broth divided
- 0.3 cup butter divided
- 6 slices bread french 1-inch-thick ()
- 0.8 cup parmesan cheese grated
- 6 medium size onion yellow divided thinly sliced

Equipment

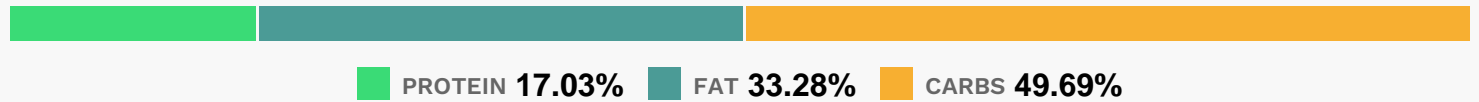
- bowl
- frying pan

ladle

Directions

- Combine one-third of onion slices and 2 tablespoons butter in a large skillet; saut until onion is transparent.
- Transfer onions to a 5-quart casserole. Repeat procedure with remaining onion slices and butter.
- Add 2 cups broth to onions in casserole, and bring to a boil. Reduce heat; cover and simmer 20 minutes or until onion is tender.
- Add remaining broth, and bring to a boil; remove soup from heat.
- Cut each slice of French bread in half; toast each side. Arrange toasted bread on top of soup in casserole; sprinkle with cheese. Broil 8 inches from heating element 3 minutes or until cheese melts and becomes golden brown.
- Ladle into individual soup bowls, placing a piece of toast in each bowl.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.92, Glycemic Load:27.87, Inflammation Score:-8, Nutrition Score:14.598695616359%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg

Nutrients (% of daily need)

Calories: 360.79kcal (18.04%), Fat: 13.47g (20.72%), Saturated Fat: 4.25g (26.55%), Carbohydrates: 45.25g (15.08%), Net Carbohydrates: 41.97g (15.26%), Sugar: 7.63g (8.48%), Cholesterol: 10.88mg (3.63%), Sodium: 1871.1mg (81.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.5g (31.01%), Selenium: 25.44µg (36.34%), Vitamin B1: 0.52mg (34.38%), Vitamin B3: 5.68mg (28.42%), Folate: 106.77µg (26.69%), Manganese: 0.52mg (25.97%), Vitamin B2: 0.42mg (24.46%), Phosphorus: 221.53mg (22.15%), Calcium: 190.84mg (19.08%), Iron: 3.33mg

(18.48%), Fiber: 3.28g (13.11%), Potassium: 432.8mg (12.37%), Vitamin B6: 0.24mg (12.15%), Magnesium: 42.45mg (10.61%), Vitamin C: 8.16mg (9.89%), Zinc: 1.39mg (9.29%), Vitamin A: 448.65IU (8.97%), Copper: 0.15mg (7.26%), Vitamin B12: 0.4µg (6.65%), Vitamin B5: 0.46mg (4.61%), Vitamin E: 0.51mg (3.42%), Vitamin K: 1.1µg (1.05%)