



French Onion Soup

READY IN



110 min.

SERVINGS



6

CALORIES



581 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 baguette ()
- 1 bay leaf
- 2 cups beef stock
- 2 tablespoons butter
- 2 cups chicken stock see
- 0.5 cup cooking wine dry red
- 1 teaspoon flour
- 1 tablespoon thyme leaves fresh chopped
- 6 servings kosher salt and pepper black freshly ground

- 1 teaspoon juice of lemon
- 1 tablespoon parmesan grated
- 0.5 cup swiss grated
- 1.8 pounds onions yellow with the grain to hold their shape thinly sliced

Equipment

- bowl
- frying pan
- sauce pan
- ladle
- broiler
- dutch oven

Directions

- Melt the butter in a heavy-bottomed Dutch oven or large saucepan over medium-low heat.
- Add the onions; sprinkle with salt, cover and cook 10 minutes to get them going. Uncover, add the thyme and bay leaf, and continue cooking until the onions are deeply caramelized, 1 to 1 1/2 hours.
- Turn the heat up to medium and sprinkle the onions with the flour. Stir and allow the flour to cook, 1 to 2 minutes. Deglaze the pan with the wine and allow to reduce.
- Add the beef stock, chicken stock and lemon juice, and simmer, about 10 minutes. Taste the soup, and add salt and pepper as needed.
- Meanwhile, preheat the broiler to high. Ladle the soup into 4 ovenproof crocks.
- Mix the Swiss and Parmesan in a small bowl. Top each crock with a baguette slice and evenly distribute the cheese on top of each.
- Place the crocks under the broiler just until the cheese is bubbly and browning, about 1 minute.
- Serve hot.
- From Food Network Kitchens: after further testing and to ensure the best results this recipe has been altered from what was in the actual episode.

Nutrition Facts

PROTEIN 15.17% FAT 15.56% CARBS 69.27%

Properties

Glycemic Index:59.96, Glycemic Load:58.02, Inflammation Score:-9, Nutrition Score:25.070869408143%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 6.63mg, Isorhamnetin: 6.63mg, Isorhamnetin: 6.63mg, Isorhamnetin: 6.63mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 27.04mg, Quercetin: 27.04mg, Quercetin: 27.04mg, Quercetin: 27.04mg

Nutrients (% of daily need)

Calories: 580.56kcal (29.03%), Fat: 9.75g (15%), Saturated Fat: 3.79g (23.7%), Carbohydrates: 97.64g (32.55%), Net Carbohydrates: 91.64g (33.32%), Sugar: 15.19g (16.87%), Cholesterol: 13mg (4.33%), Sodium: 1357.98mg (59.04%), Alcohol: 2.1g (100%), Alcohol %: 0.54% (100%), Protein: 21.38g (42.77%), Vitamin B1: 1.09mg (72.7%), Folate: 211.04µg (52.76%), Manganese: 0.99mg (49.58%), Vitamin B3: 9.74mg (48.71%), Selenium: 32.43µg (46.33%), Vitamin B2: 0.73mg (42.71%), Iron: 6.71mg (37.28%), Vitamin K: 31.17µg (29.69%), Phosphorus: 253.22mg (25.32%), Fiber: 6g (24.01%), Calcium: 232.15mg (23.22%), Vitamin B6: 0.43mg (21.7%), Potassium: 654.82mg (18.71%), Magnesium: 70.43mg (17.61%), Copper: 0.35mg (17.53%), Vitamin C: 13.05mg (15.82%), Zinc: 1.85mg (12.35%), Vitamin B5: 0.82mg (8.16%), Vitamin A: 368.71IU (7.37%), Vitamin E: 0.71mg (4.74%)