



French Onion Soup

READY IN



245 min.

SERVINGS



8

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounces beef consomme canned (recommended: Campbell's)
- ☐ 14 ounces beef broth low sodium canned (recommended: Swanson's)
- ☐ 8 slices bread french
- ☐ 1 cup gruyere cheese shredded
- ☐ 1 packet onion soup mix (recommended: Lipton's)
- ☐ 5 small onions thinly sliced

Equipment

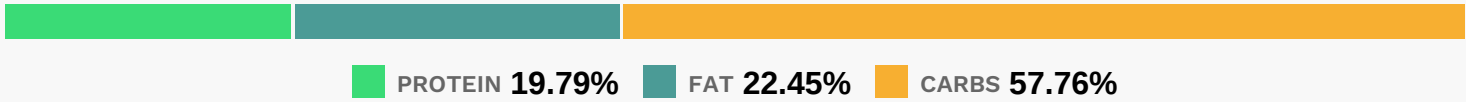
- ☐ bowl

- ☐ baking sheet
- ☐ ladle
- ☐ broiler
- ☐ slow cooker

Directions

- ☐ Combine onions, broth, consomme, and soup mix in a slow cooker. Cook on HIGH setting for 4 hours, or LOW setting for 8 hours.
- ☐ Ladle soup into serving bowls. Top with a slice of French bread.
- ☐ Sprinkle 2 tablespoons cheese over each bread slice. Put soup bowls under broiler until cheese is melted. Alternatively, place the bread on a baking sheet and top with cheese; broil until cheese has melted, about 30 to 40 seconds, and set on top just before serving.

Nutrition Facts



Properties

Glycemic Index:13.44, Glycemic Load:26.51, Inflammation Score:-6, Nutrition Score:11.916087049505%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.19mg, Isorhamnetin: 2.19mg, Isorhamnetin: 2.19mg, Isorhamnetin: 2.19mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.88mg, Quercetin: 8.88mg, Quercetin: 8.88mg, Quercetin: 8.88mg

Nutrients (% of daily need)

Calories: 279.96kcal (14%), Fat: 7.02g (10.8%), Saturated Fat: 3.52g (21.99%), Carbohydrates: 40.63g (13.54%), Net Carbohydrates: 38.15g (13.87%), Sugar: 5.1g (5.67%), Cholesterol: 18.15mg (6.05%), Sodium: 1129.17mg (49.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.92g (27.83%), Vitamin B1: 0.5mg (33.27%), Selenium: 21.41µg (30.59%), Folate: 89.39µg (22.35%), Calcium: 219.27mg (21.93%), Manganese: 0.43mg (21.57%), Vitamin B2: 0.35mg (20.72%), Phosphorus: 194.87mg (19.49%), Vitamin B3: 3.5mg (17.52%), Iron: 2.75mg (15.25%), Fiber: 2.48g (9.93%), Zinc: 1.44mg (9.6%), Potassium: 306.53mg (8.76%), Magnesium: 34.5mg (8.63%), Vitamin B6: 0.17mg (8.35%), Copper: 0.14mg (6.86%), Vitamin B12: 0.29µg (4.81%), Vitamin C: 3.41mg (4.13%), Vitamin B5: 0.41mg (4.1%), Vitamin A: 158.04IU (3.16%), Vitamin E: 0.2mg (1.31%), Vitamin K: 1.14µg (1.08%)