



French Onion Soup

 Popular

READY IN



70 min.

SERVINGS



6

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 baguette sliced
- ☐ 2 bay leaves
- ☐ 2 quarts beef broth
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 garlic cloves chopped
- ☐ 0.5 pound gruyere cheese grated
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 4 onions sliced

- ☐ 1 cup red wine
- ☐ 2 thyme sprigs fresh
- ☐ 0.5 cup butter unsalted

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ ladle
- ☐ oven
- ☐ pot
- ☐ broiler

Directions

- ☐ Watch how to make this recipe.
- ☐ Melt the stick of butter in a large pot over medium heat.
- ☐ Add the onions, garlic, bay leaves, thyme, and salt and pepper and cook until the onions are very soft and caramelized, about 25 minutes.
- ☐ Add the wine, bring to a boil, reduce the heat and simmer until the wine has evaporated and the onions are dry, about 5 minutes. Discard the bay leaves and thyme sprigs. Dust the onions with the flour and give them a stir. Turn the heat down to medium low so the flour doesn't burn, and cook for 10 minutes to cook out the raw flour taste. Now add the beef broth, bring the soup back to a simmer, and cook for 10 minutes. Season, to taste, with salt and pepper.
- ☐ When you're ready to eat, preheat the broiler. Arrange the baguette slices on a baking sheet in a single layer.
- ☐ Sprinkle the slices with the Gruyere and broil until bubbly and golden brown, 3 to 5 minutes.
- ☐ Ladle the soup in bowls and float several of the Gruyere croutons on top.
- ☐ Alternative method: Ladle the soup into bowls, top each with 2 slices of bread and top with cheese.
- ☐ Put the bowls into the oven to toast the bread and melt the cheese.

Nutrition Facts



 PROTEIN **17.16%**  FAT **56.15%**  CARBS **26.69%**

Properties

Glycemic Index:49.29, Glycemic Load:17.61, Inflammation Score:-8, Nutrition Score:15.268695603246%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 3.68mg, Isorhamnetin: 3.68mg, Isorhamnetin: 3.68mg, Isorhamnetin: 3.68mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 15.32mg, Quercetin: 15.32mg, Quercetin: 15.32mg, Quercetin: 15.32mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 500.91kcal (25.05%), Fat: 29.51g (45.4%), Saturated Fat: 17.48g (109.23%), Carbohydrates: 31.57g (10.52%), Net Carbohydrates: 29.25g (10.64%), Sugar: 5.48g (6.09%), Cholesterol: 82.25mg (27.42%), Sodium: 1707.78mg (74.25%), Alcohol: 4.24g (100%), Alcohol %: 1.01% (100%), Protein: 20.29g (40.58%), Calcium: 473.5mg (47.35%), Phosphorus: 350.41mg (35.04%), Selenium: 16.91µg (24.16%), Vitamin B3: 4.81mg (24.06%), Vitamin B1: 0.34mg (22.66%), Manganese: 0.44mg (22.15%), Vitamin B2: 0.37mg (21.51%), Folate: 76.69µg (19.17%), Vitamin A: 851.87IU (17.04%), Iron: 2.65mg (14.74%), Vitamin B12: 0.86µg (14.3%), Zinc: 2.05mg (13.65%), Potassium: 426.59mg (12.19%), Vitamin B6: 0.23mg (11.65%), Magnesium: 45.08mg (11.27%), Fiber: 2.32g (9.3%), Vitamin C: 6.29mg (7.62%), Vitamin B5: 0.58mg (5.81%), Copper: 0.11mg (5.51%), Vitamin E: 0.68mg (4.56%), Vitamin K: 4.24µg (4.04%), Vitamin D: 0.51µg (3.4%)