



French Onion Soup

READY IN



90 min.

SERVINGS



4

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 medium onion
- ☐ 2 tablespoons butter
- ☐ 21 oz beef broth canned
- ☐ 1.5 cups water
- ☐ 0.1 teaspoon pepper
- ☐ 0.1 teaspoon thyme leaves dried
- ☐ 1 bay leaves dried
- ☐ 4 oz mozzarella cheese
- ☐ 4 slices bread french ()

☐ 0.3 cup parmesan cheese grated

Equipment

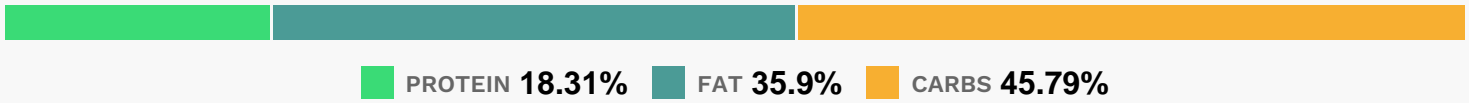
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ ladle
- ☐ oven
- ☐ broiler
- ☐ dutch oven
- ☐ grater

Directions

- ☐ Peel and cut the onions into slices to measure 4 cups. In a 4-quart nonstick Dutch oven, melt the butter over medium-high heat. Stir in onions to coat with butter. Cook uncovered 10 minutes, stirring every 3 to 4 minutes.
- ☐ Reduce heat to medium-low. Cook uncovered 35 to 40 minutes longer, stirring well every 5 minutes, until onions are deep golden brown (onions will shrink during cooking).
- ☐ Stir in broth, water, pepper, thyme and bay leaf.
- ☐ Heat to boiling over high heat. Once mixture is boiling, reduce heat just enough so mixture bubbles gently. Cover with lid; simmer 15 minutes. Meanwhile, shred the Gruyère cheese by rubbing it across the largest holes of a grater to measure 1 cup; set aside.
- ☐ You may need to move the oven rack so it is near the broiler. Set the oven control to broil. On a cookie sheet, place the bread slices. Broil with tops about 5 inches from heat 1 to 2 minutes or until golden brown. Turn bread over; broil 1 to 2 minutes longer until golden brown.
- ☐ Place toasted bread in 4 ovenproof bowls or individual ceramic casseroles (do not use glass, which cannot withstand heat of broiler and may break).
- ☐ Remove bay leaf from soup. Ladle soup into bowls. Top with Gruyère cheese.
- ☐ Sprinkle with Parmesan cheese.
- ☐ Place bowls in pan with shallow sides.

- ☐
- Broil soup bowls with tops about 5 inches from heat 1 to 2 minutes or just until cheese is melted and golden brown. Watch carefully so cheese does not burn.
- ☐
- Serve with additional French bread if desired.

Nutrition Facts



Properties

Glycemic Index:52.88, Glycemic Load:28.05, Inflammation Score:-8, Nutrition Score:15.438260785911%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg 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: 390.49kcal (19.52%), Fat: 15.71g (24.17%), Saturated Fat: 6.42g (40.1%), Carbohydrates: 45.08g (15.03%), Net Carbohydrates: 41.77g (15.19%), Sugar: 7.92g (8.8%), Cholesterol: 27.83mg (9.28%), Sodium: 1300.94mg (56.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.03g (36.06%), Selenium: 26.91µg (38.44%), Vitamin B1: 0.52mg (34.6%), Calcium: 271.43mg (27.14%), Folate: 105.11µg (26.28%), Phosphorus: 260.23mg (26.02%), Manganese: 0.52mg (25.85%), Vitamin B2: 0.44mg (25.83%), Vitamin B3: 4.41mg (22.06%), Iron: 3.17mg (17.59%), Vitamin B12: 0.84µg (14.03%), Fiber: 3.31g (13.24%), Zinc: 1.96mg (13.08%), Vitamin B6: 0.23mg (11.62%), Magnesium: 43.65mg (10.91%), Potassium: 353.18mg (10.09%), Vitamin A: 503.15IU (10.06%), Vitamin C: 8.27mg (10.02%), Copper: 0.16mg (8.06%), Vitamin B5: 0.45mg (4.46%), Vitamin E: 0.46mg (3.07%), Vitamin K: 1.75µg (1.67%)