

French Onion Soup

♥♥ Popular

READY IN



230 min.

SERVINGS



4

CALORIES



389 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 tablespoon balsamic vinegar
- ☐ 2 cups beef broth
- ☐ 0.3 cup butter
- ☐ 1.5 cups chicken broth
- ☐ 0.5 tablespoon thyme dried
- ☐ 0.5 cup wine dry white
- ☐ 1.5 tablespoon flour
- ☐ 1 teaspoon garlic minced

- ☐ 2 ounces gruyere cheese
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 4 servings texas toast croutons
- ☐ 0.5 tablespoon worcestershire sauce
- ☐ 2 large onion white yellow sliced (or 3-4 medium)

Equipment

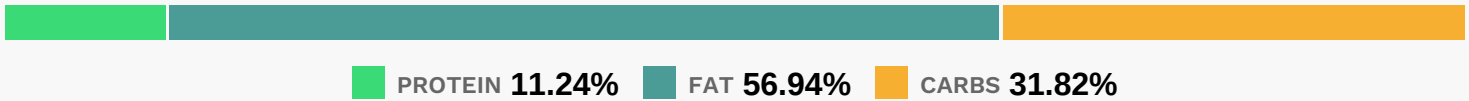
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ ladle
- ☐ oven
- ☐ broiler
- ☐ dutch oven

Directions

- ☐ Melt butter in a heavy soup pot or Dutch oven over medium heat, add the onions and stir until they are evenly coated with butter and sprinkle with salt and sugar. Turn the heat to medium-low, let onions cook, stirring occasionally, for at least 30-45 minutes. You can let them cook even longer over a low heat with the lid on until golden brown and caramelized, about 2-3 hours, stirring every 15 minutes. — just don't let them burn or get black. Adjust the heat as necessary. With medium-low heat, add the garlic and thyme and saute for about a minute.
- ☐ Mix in flour and brown for about another 2-3 minutes, forming a paste, but try not to scorch it.
- ☐ Add the wine and scrap the bottom of the pan to get up all of the cooked-on brown bits.
- ☐ Add broths, vinegar and worchestire sauce, bring to a boil then reduce the heat and simmer for 30-40 minutes. Ladle the soup into oven-safe bowls on a baking sheet and top with croutons and a thick layer of cheese, making sure to cover the edges of the croutons to prevent burning.

Place under broiler, watching closely, until cheese melts, bubbles and turns a golden brown.Dunk the croutons and cheese into the soup as you eat.Enjoy!

Nutrition Facts



Properties

Glycemic Index:79.27, Glycemic Load:4.16, Inflammation Score:-8, Nutrition Score:8.8365218354308%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 15.25mg, Quercetin: 15.25mg, Quercetin: 15.25mg, Quercetin: 15.25mg

Nutrients (% of daily need)

Calories: 388.93kcal (19.45%), Fat: 23.68g (36.43%), Saturated Fat: 12.16g (76.03%), Carbohydrates: 29.78g (9.93%), Net Carbohydrates: 27.23g (9.9%), Sugar: 7.44g (8.27%), Cholesterol: 47.86mg (15.95%), Sodium: 1499.12mg (65.18%), Alcohol: 3.09g (100%), Alcohol %: 1% (100%), Protein: 10.52g (21.03%), Iron: 7.42mg (41.24%), Calcium: 191.48mg (19.15%), Phosphorus: 142.28mg (14.23%), Manganese: 0.26mg (13.06%), Vitamin A: 512.93IU (10.26%), Fiber: 2.55g (10.21%), Vitamin K: 10.41µg (9.92%), Vitamin B2: 0.17mg (9.76%), Vitamin C: 6.31mg (7.65%), Vitamin B3: 1.48mg (7.4%), Potassium: 255.76mg (7.31%), Vitamin B6: 0.14mg (7.11%), Selenium: 4.89µg (6.99%), Folate: 25.5µg (6.38%), Vitamin B1: 0.09mg (6.25%), Vitamin B12: 0.35µg (5.88%), Zinc: 0.86mg (5.71%), Magnesium: 21.6mg (5.4%), Copper: 0.06mg (3.19%), Vitamin E: 0.46mg (3.07%), Vitamin B5: 0.25mg (2.5%)