

French Onion Soup

READY IN



300 min.

SERVINGS



6

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 inch crusty baguette
- ☐ 0.5 teaspoon pepper black
- ☐ 0.8 cup wine dry white
- ☐ 2 teaspoons flour all-purpose
- ☐ 3 sprigs thyme sprigs fresh
- ☐ 0.5 lb gruyere cheese
- ☐ 32 fl. oz. beef broth reduced-sodium
- ☐ 2 lb onion halved lengthwise thinly sliced lengthwise
- ☐ 2 tablespoons parmesan finely grated

- ☐ 0.8 teaspoon salt
- ☐ 2 turkish bay leaf
- ☐ 0.3 cup butter unsalted
- ☐ 1.5 cups water

Equipment

- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Cook onions, thyme, bay leaves, and salt in butter in a 4- to 5-quart heavy pot over moderate heat, uncovered, stirring frequently, until onions are very soft and deep golden brown, about 45 minutes.
- ☐ Add flour and cook, stirring, 1 minute. Stir in wine and cook, stirring, 2 minutes. Stir in broth, water, and pepper and simmer, uncovered, stirring occasionally, 30 minutes.
- ☐ While soup simmers, put oven rack in middle position and preheat oven to 350°F.
- ☐ Arrange bread in 1 layer on a large baking sheet and toast, turning over once, until completely dry, about 15 minutes.
- ☐ Remove croûtes from oven and preheat broiler. Put crocks in a shallow baking pan.
- ☐ Discard bay leaves and thyme from soup and divide soup among crocks, then float a croûte in each. Slice enough Gruyère (about 6 ounces total) with cheese plane to cover tops of crocks, allowing ends of cheese to hang over rims of crocks, then sprinkle with Parmigiano-Reggiano.
- ☐ Broil 4 to 5 inches from heat until cheese is melted and bubbly, 1 to 2 minutes.
- ☐ Soups and croûtes can be made 3 days ahead (but do not add croûtes and cheese to soup); cool completely, uncovered, then chill soup, covered, and keep croûtes in an airtight container at room temperature. Reheat soup before proceeding with recipe.

Nutrition Facts

PROTEIN 20.84% FAT 58.34% CARBS 20.82%

Properties

Glycemic Index:48.79, Glycemic Load:4.08, Inflammation Score:-8, Nutrition Score:10.680869574132%

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: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 7.57mg, Isorhamnetin: 7.57mg, Isorhamnetin: 7.57mg, Isorhamnetin: 7.57mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 30.71mg, Quercetin: 30.71mg, Quercetin: 30.71mg, Quercetin: 30.71mg

Nutrients (% of daily need)

Calories: 332.14kcal (16.61%), Fat: 20.52g (31.57%), Saturated Fat: 12.35g (77.21%), Carbohydrates: 16.47g (5.49%), Net Carbohydrates: 13.73g (4.99%), Sugar: 6.92g (7.68%), Cholesterol: 63.05mg (21.02%), Sodium: 895.89mg (38.95%), Alcohol: 3.09g (100%), Alcohol %: 0.87% (100%), Protein: 16.5g (32.99%), Calcium: 447.68mg (44.77%), Phosphorus: 294.53mg (29.45%), Potassium: 599.67mg (17.13%), Vitamin C: 12mg (14.55%), Manganese: 0.28mg (14.05%), Vitamin A: 637.47IU (12.75%), Zinc: 1.86mg (12.37%), Vitamin B6: 0.23mg (11.66%), Fiber: 2.74g (10.94%), Vitamin B12: 0.64µg (10.68%), Selenium: 7.19µg (10.27%), Vitamin B2: 0.17mg (9.98%), Folate: 36.1µg (9.03%), Magnesium: 34.85mg (8.71%), Vitamin B1: 0.11mg (7.19%), Copper: 0.09mg (4.58%), Vitamin B5: 0.44mg (4.42%), Iron: 0.67mg (3.74%), Vitamin K: 2.75µg (2.62%), Vitamin D: 0.38µg (2.51%), Vitamin E: 0.37mg (2.43%), Vitamin B3: 0.37mg (1.83%)