



French Onion Soup

READY IN



45 min.

SERVINGS



8

CALORIES



105 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.3 cup wine dry white
- 1 ounce bread french cut into 1-inch cubes
- 0.3 teaspoon thyme sprigs fresh chopped
- 8 cups beef broth
- 1 ounce swiss cheese reduced-fat reduced-sodium (such as Alpine Lace)
- 2 teaspoons olive oil
- 4 cups onion red vertically sliced
- 0.3 teaspoon salt

- 0.5 teaspoon sugar
- 4 cups onion sweet vertically sliced

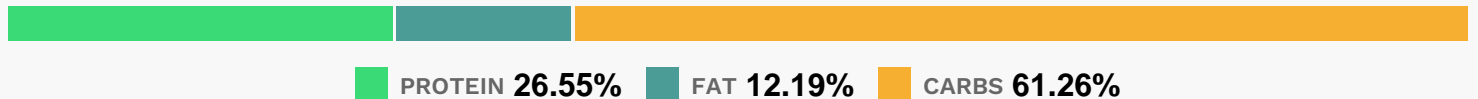
Equipment

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

Directions

- Heat olive oil in a Dutch oven over medium-high heat.
- Add onions to pan; saut for 5 minutes or until tender. Stir in sugar, pepper, and 1/4 teaspoon salt. Reduce heat to medium; cook 20 minutes, stirring frequently. Increase heat to medium-high, and saut for 5 minutes or until onion is golden brown. Stir in wine, and cook for 1 minute.
- Add broth and thyme; bring to a boil. Cover, reduce heat, and simmer 2 hours.
- Preheat broiler.
- Place bread in a single layer on a baking sheet; broil 2 minutes or until toasted, turning after 1 minute.
- Place 8 ovenproof bowls on a jelly-roll pan. Ladle 1 cup soup into each bowl. Divide bread evenly among bowls; top each serving with 1 cheese slice. Broil 3 minutes or until cheese begins to brown.

Nutrition Facts



Properties

Glycemic Index:33.7, Glycemic Load:3.29, Inflammation Score:-6, Nutrition Score:5.3086955963593%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 27.86mg, Quercetin: 27.86mg, Quercetin: 27.86mg, Quercetin: 27.86mg

Nutrients (% of daily need)

Calories: 104.91kcal (5.25%), Fat: 1.42g (2.18%), Saturated Fat: 0.31g (1.93%), Carbohydrates: 16.01g (5.34%), Net Carbohydrates: 13.81g (5.02%), Sugar: 7.94g (8.82%), Cholesterol: 1.24mg (0.41%), Sodium: 551.08mg (23.96%), Alcohol: 0.77g (100%), Alcohol %: 0.24% (100%), Protein: 6.94g (13.88%), Potassium: 707.48mg (20.21%), Vitamin C: 9.86mg (11.95%), Vitamin B6: 0.21mg (10.55%), Manganese: 0.21mg (10.43%), Folate: 38.3µg (9.57%), Fiber: 2.2g (8.79%), Calcium: 71.84mg (7.18%), Phosphorus: 71.57mg (7.16%), Vitamin B1: 0.1mg (6.4%), Magnesium: 18.68mg (4.67%), Copper: 0.08mg (4.24%), Vitamin B2: 0.07mg (3.95%), Selenium: 2.28µg (3.26%), Iron: 0.57mg (3.17%), Zinc: 0.43mg (2.85%), Vitamin B5: 0.19mg (1.94%), Vitamin B3: 0.38mg (1.92%), Vitamin K: 1.44µg (1.37%), Vitamin E: 0.19mg (1.25%)