



French Onion Soup

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



202 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups beef stock
- ☐ 1 tablespoon calvados
- ☐ 1 cup cheese grated
- ☐ 4 servings pepper black freshly ground
- ☐ 2 medium onion finely chopped
- ☐ 1 tablespoon butter unsalted

Equipment

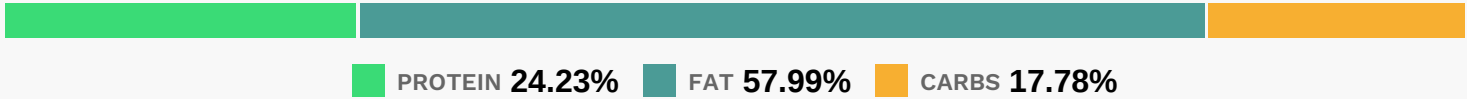
- ☐ frying pan

- ☐ oven
- ☐ ramekin

Directions

- ☐ Preheat oven to 450°F. Cook onions in a 12" nonstick skillet over high heat, stirring constantly, until soft and caramelized, about 15 minutes.
- ☐ Add butter and toss onions to coat.
- ☐ Remove pan from heat and stir in Calvados. Return pan to heat and continue cooking until Calvados is absorbed, about 30 seconds.
- ☐ Add stock and bring to a simmer. Simmer until soup is reduced to 4 cups, about 5 minutes. Season soup to taste with salt and pepper.
- ☐ Place ramekins on a rimmed baking sheet. Divide soup among ramekins. Top each ramekin with 1-2 slices of bread.
- ☐ Sprinkle 1/4 cup cheese over each.
- ☐ Transfer baking sheet with ramekins to oven and bake until cheese is bubbly and browned in spots, about 4 minutes.
- ☐ Per serving: 382 calories, 13 grams fat, 46 grams carbohydrate
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:1.33, Inflammation Score:-5, Nutrition Score:8.5043478167575%

Flavonoids

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: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

Nutrients (% of daily need)

Calories: 202.47kcal (10.12%), Fat: 12.72g (19.57%), Saturated Fat: 7.33g (45.81%), Carbohydrates: 8.77g (2.92%), Net Carbohydrates: 7.81g (2.84%), Sugar: 3.72g (4.14%), Cholesterol: 35.78mg (11.93%), Sodium: 662.6mg (28.81%), Alcohol: 1.25g (100%), Alcohol %: 0.48% (100%), Protein: 11.96g (23.91%), Calcium: 232.86mg (23.29%), Phosphorus: 220.88mg (22.09%), Vitamin B2: 0.36mg (21.14%), Selenium: 11.19µg (15.99%), Potassium: 548.3mg (15.67%), Vitamin B6: 0.22mg (10.9%), Vitamin B3: 2.17mg (10.87%), Zinc: 1.54mg (10.29%), Copper: 0.15mg (7.67%), Vitamin B1: 0.11mg (7.55%), Magnesium: 30.17mg (7.54%), Vitamin A: 372.18IU (7.44%), Folate: 21.3µg (5.33%), Vitamin B12: 0.31µg (5.09%), Vitamin C: 4.07mg (4.93%), Iron: 0.82mg (4.56%), Manganese: 0.09mg (4.37%), Fiber: 0.96g (3.84%), Vitamin E: 0.33mg (2.19%), Vitamin B5: 0.19mg (1.9%), Vitamin D: 0.22µg (1.48%), Vitamin K: 1.55µg (1.47%)