



French Onion Soup

READY IN



60 min.

SERVINGS



6

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups onion thinly sliced
- 1 garlic clove minced
- 0.3 cup butter
- 6 cups water
- 8 beef bouillon cubes
- 1 teaspoon worcestershire sauce
- 6 slices bread french toasted (3/)
- 6 slices swiss cheese

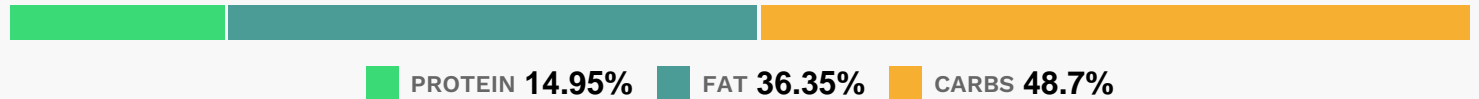
Equipment

- bowl
- sauce pan
- ladle

Directions

- In a large covered saucepan, cook onions and garlic in butter over medium-low heat for 8-10 minutes or until tender and golden, stirring occasionally.
- Add water, bouillon and Worcestershire sauce; bring to a boil. Reduce heat; cover and simmer for 30 minutes.
- Ladle hot soup into 6 ovenproof bowls. Top each with a piece of French bread.
- Cut each cheese slice in half and place both halves over 1 piece of bread. Broil until cheese melts.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:35.75, Glycemic Load:27.92, Inflammation Score:-7, Nutrition Score:13.922173831774%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 21.66mg, Quercetin: 21.66mg, Quercetin: 21.66mg, Quercetin: 21.66mg

Nutrients (% of daily need)

Calories: 361.95kcal (18.1%), Fat: 14.81g (22.79%), Saturated Fat: 8.45g (52.78%), Carbohydrates: 44.65g (14.88%), Net Carbohydrates: 41.41g (15.06%), Sugar: 8.36g (9.29%), Cholesterol: 36.36mg (12.12%), Sodium: 1786.73mg (77.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.71g (27.42%), Selenium: 25.6µg (36.57%), Vitamin B1: 0.52mg (34.55%), Folate: 102.6µg (25.65%), Manganese: 0.5mg (25.14%), Calcium: 223.66mg (22.37%), Vitamin

B2: 0.37mg (21.85%), Phosphorus: 211.35mg (21.13%), Vitamin B3: 3.41mg (17.05%), Iron: 2.93mg (16.28%), Fiber: 3.23g (12.93%), Vitamin B6: 0.23mg (11.28%), Zinc: 1.64mg (10.94%), Magnesium: 42.23mg (10.56%), Vitamin C: 8.18mg (9.91%), Vitamin B12: 0.58µg (9.71%), Copper: 0.19mg (9.41%), Potassium: 276.45mg (7.9%), Vitamin A: 380.49IU (7.61%), Vitamin B5: 0.45mg (4.47%), Vitamin E: 0.48mg (3.19%), Vitamin K: 1.79µg (1.71%)