

French Onion Soup

READY IN



45 min.

SERVINGS



4

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 42 ounce beef broth canned
- ☐ 0.3 cup sherry dry
- ☐ 4 slices bread french stale
- ☐ 0.8 cup fried onions canned
- ☐ 4 ounce swiss cheese

Equipment

- ☐ bowl
- ☐ baking sheet

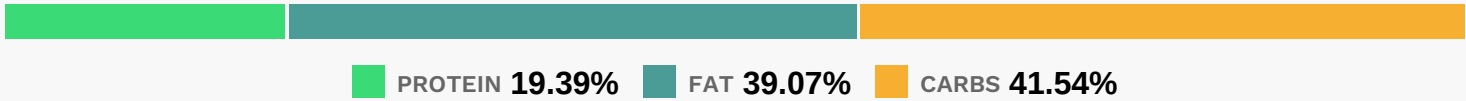
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oven

Directions

- ☐Heat oven to 400 F. Arrange four 10-ounce oven-safe soup bowls on a baking sheet. Divide the broth and onions among them.
- ☐Add 1 tablespoon of sherry to each. Float a slice of bread in each bowl and top with a slice of cheese.
- ☐Bake 12 to 15 minutes or until the cheese is melted and the soup is bubbling.

Nutrition Facts



Properties

Glycemic Index:30.63, Glycemic Load:25.77, Inflammation Score:-5, Nutrition Score:13.773913077686%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 384.26kcal (19.21%), Fat: 16.09g (24.76%), Saturated Fat: 8.01g (50.06%), Carbohydrates: 38.51g (12.84%), Net Carbohydrates: 37.1g (13.49%), Sugar: 3.1g (3.45%), Cholesterol: 26.37mg (8.79%), Sodium: 1633.27mg (71.01%), Alcohol: 1.54g (100%), Alcohol %: 0.47% (100%), Protein: 17.97g (35.94%), Selenium: 28.94µg (41.34%), Vitamin B1: 0.46mg (30.95%), Calcium: 304.8mg (30.48%), Vitamin B3: 5.44mg (27.2%), Phosphorus: 271.32mg (27.13%), Vitamin B2: 0.42mg (24.94%), Folate: 87.37µg (21.84%), Manganese: 0.38mg (19.2%), Vitamin B12: 1.06µg (17.74%), Iron: 3.09mg (17.14%), Zinc: 1.92mg (12.82%), Magnesium: 37.29mg (9.32%), Potassium: 266.4mg (7.61%), Vitamin B6: 0.13mg (6.28%), Fiber: 1.41g (5.63%), Copper: 0.11mg (5.56%), Vitamin A: 235.3IU (4.71%), Vitamin B5: 0.4mg (4.02%), Vitamin E: 0.3mg (2.03%)