

French Onion Soup

READY IN



45 min.

SERVINGS



6

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 cups beef stock
- ☐ 0.3 cup butter
- ☐ 3 cups chicken stock see
- ☐ 0.5 cup fontina grated
- ☐ 1 small loaf bread french toasted sliced
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.5 cup red wine
- ☐ 6 servings salt and pepper
- ☐ 4 medium onions yellow thinly sliced

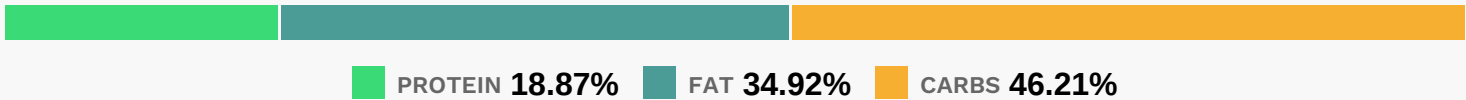
Equipment

- ☐ bowl
- ☐ ladle
- ☐ oven
- ☐ pot
- ☐ ramekin

Directions

- ☐ In a medium pot, place the butter and onions over medium heat. Cook the onions for about 20 minutes or until golden brown.
- ☐ Add the wine and cook for about 7 minutes more.
- ☐ Add the beef and chicken stock and bring to a boil. Then reduce the heat to medium-low and add the salt and pepper. Simmer for about 25 minutes.Ladle soup in oven proof bowls or ramekins, top with the toast and add the cheese on top of the bread. Broil until golden, for about 1 minute.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:28.31, Inflammation Score:-7, Nutrition Score:17.42739119737%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.68mg, Isorhamnetin: 3.68mg, Isorhamnetin: 3.68mg, Isorhamnetin: 3.68mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg

Kaempferol: 0.49mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 15.09mg, Quercetin: 15.09mg, Quercetin: 15.09mg, Quercetin: 15.09mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 442.56kcal (22.13%), Fat: 16.73g (25.74%), Saturated Fat: 9.1g (56.9%), Carbohydrates: 49.82g (16.61%), Net Carbohydrates: 47.1g (17.13%), Sugar: 9.47g (10.52%), Cholesterol: 43.95mg (14.65%), Sodium: 1461.11mg (63.53%), Alcohol: 2.12g (100%), Alcohol %: 0.53% (100%), Protein: 20.35g (40.7%), Selenium: 29.12µg (41.6%), Vitamin B1: 0.62mg (41.41%), Vitamin B2: 0.65mg (38.18%), Vitamin B3: 7.01mg (35.05%), Phosphorus: 283.43mg (28.34%), Folate: 107.58µg (26.89%), Manganese: 0.48mg (23.97%), Calcium: 209.29mg (20.93%), Potassium: 731.15mg (20.89%), Iron: 3.71mg (20.62%), Vitamin B6: 0.37mg (18.5%), Copper: 0.3mg (15.16%), Zinc: 2.11mg (14.06%), Magnesium: 54.52mg (13.63%), Fiber: 2.71g (10.85%), Vitamin A: 414.34IU (8.29%), Vitamin C: 5.67mg (6.87%), Vitamin B12: 0.31µg (5.22%), Vitamin B5: 0.4mg (4.04%), Vitamin E: 0.5mg (3.35%), Vitamin K: 2.37µg (2.26%)