



French Onion Soup

READY IN



45 min.

SERVINGS



6

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup beef broth dry white
- ☐ 0.3 cup butter
- ☐ 2 tablespoons flour all-purpose
- ☐ 6 slices bread french
- ☐ 4 cups beef broth low-sodium
- ☐ 3 cups onion sliced
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 teaspoon salt
- ☐ 0.5 cup mozzarella cheese shredded

☐ 1 tablespoon sugar

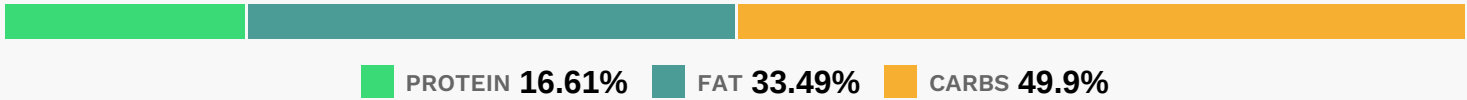
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ slow cooker

Directions

- ☐ Melt butter in a skillet over medium heat.
- ☐ Add onion; cook for 15 to 20 minutes, or until soft. Stir in sugar and salt; continue to cook and stir until golden.
- ☐ Add flour; mix well.
- ☐ Combine onion mixture, broth and wine or broth in a 4-quart slow cooker. Cover and cook on high setting for 3 to 4 hours. Ladle soup into oven-proof bowls. Top with bread slices; sprinkle with cheeses. Broil until cheese is bubbly and melted.

Nutrition Facts



Properties

Glycemic Index:57.43, Glycemic Load:30.13, Inflammation Score:-7, Nutrition Score:13.002173838408%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg 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: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg

16.24mg

Nutrients (% of daily need)

Calories: 371.98kcal (18.6%), Fat: 13.75g (21.15%), Saturated Fat: 7.76g (48.48%), Carbohydrates: 46.09g (15.36%), Net Carbohydrates: 43.26g (15.73%), Sugar: 8.56g (9.51%), Cholesterol: 34.96mg (11.65%), Sodium: 1335.13mg (58.05%), Alcohol: 1.03g (100%), Alcohol %: 0.38% (100%), Protein: 15.35g (30.69%), Selenium: 24.17µg (34.53%), Vitamin B1: 0.52mg (34.46%), Folate: 100.03µg (25.01%), Manganese: 0.48mg (23.91%), Vitamin B2: 0.37mg (21.62%), Phosphorus: 183.04mg (18.3%), Calcium: 176.29mg (17.63%), Vitamin B3: 3.36mg (16.78%), Iron: 2.9mg (16.1%), Potassium: 546.27mg (15.61%), Fiber: 2.84g (11.34%), Zinc: 1.47mg (9.83%), Vitamin B6: 0.18mg (9.05%), Magnesium: 35.01mg (8.75%), Vitamin A: 373.14IU (7.46%), Vitamin C: 5.92mg (7.18%), Copper: 0.14mg (6.86%), Vitamin B12: 0.34µg (5.69%), Vitamin B5: 0.38mg (3.78%), Vitamin E: 0.43mg (2.88%), Vitamin K: 1.83µg (1.75%)