



French Onion Soup

 Popular

READY IN



80 min.

SERVINGS



4

CALORIES



1087 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pounds onions red yellow peeled thinly sliced sliced (see How to Slice an Onion)
- ☐ 4 tablespoons olive oil extra virgin
- ☐ 2 tablespoons butter
- ☐ 1 teaspoon sugar
- ☐ 4 servings salt
- ☐ 2 cloves garlic minced
- ☐ 0.5 cup vermouth dry white dry
- ☐ 2 bay leaves

- ☐ 1 tablespoon thyme or) dried fresh to taste (loose) (can also use 3 sprigs of thyme)
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons brandy
- ☐ 8 slices bread french cut
- ☐ 1.5 cups swiss gruyere and a sprinkling of parmesan grated
- ☐ 8 cups a combination of the two with beef stock)

Equipment

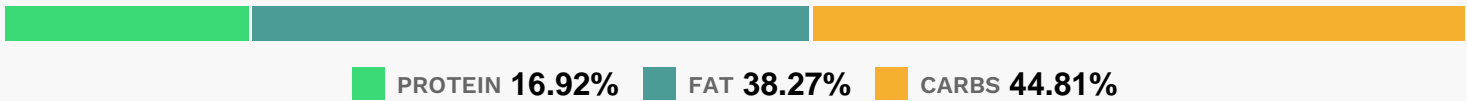
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ baking paper
- ☐ oven
- ☐ pot
- ☐ casserole dish
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Caramelize the onions: In a 5 to 6 quart thick-bottomed pot, heat 3 tablespoons of olive oil on medium heat.
- ☐ Add the onions and toss to coat with the olive oil.
- ☐ Cook the onions, stirring often, until they have softened, about 15 to 20 minutes.
- ☐ Increase the heat to medium high.
- ☐ Add the remaining tablespoon of olive oil and the butter and cook, stirring often, until the onions start to brown, about 15 more minutes.
- ☐ Then sprinkle with sugar (to help with the caramelization) and 1 teaspoon of salt and continue to cook until the onions are well browned, about 10 to 15 more minutes.
- ☐ Add the minced garlic and cook for a minute more.

- ☐ Deglaze the pot with vermouth:
- ☐ Add the vermouth to the pot and scrape up the browned bits on the bottom and sides of the pot, deglazing the pot as you go.
- ☐ Add the stock, bay leaves, and thyme. Bring to a simmer, cover the pot and lower the heat to maintain a low simmer. Cook for about 30 minutes.
- ☐ Season to taste with more salt and add freshly ground black pepper. Discard the bay leaves.
- ☐ Add brandy if using.
- ☐ Toast French bread slices: While the soup is simmering, line a sheet pan with parchment paper or foil and preheat the oven to 450°F with a rack in the upper third of the oven.
- ☐ Brush both sides of the French bread or baguette slices lightly with olive oil (you'll end up using about a tablespoon and a half of olive oil for this).
- ☐ Put in the oven and toast until lightly browned, about 5 to 7 minutes.
- ☐ Remove from oven.
- ☐ Turn the toasts over and sprinkle with the grated Gruyere cheese and Parmesan. Return to oven when it's close to serving time and bake until the cheese is bubbly and lightly browned.
- ☐ Serve: To serve, ladle soup into a bowl and transfer one cheesy toast onto the top of each bowl of soup.
- ☐ Alternatively, you can use individual oven-proof bowls or one large casserole dish. Ladle the soup into the bowls or casserole dish. Cover with the toast and sprinkle with cheese. Put into the broiler for 10 minutes at 350° F, or until the cheese bubbles and is slightly browned.

Nutrition Facts



Properties

Glycemic Index:79.9, Glycemic Load:59.22, Inflammation Score:-10, Nutrition Score:41.300000667572%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 17.04mg,

Isorhamnetin: 17.04mg, Isorhamnetin: 17.04mg, Isorhamnetin: 17.04mg Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 69.1mg, Quercetin: 69.1mg, Quercetin: 69.1mg, Quercetin: 69.1mg

Nutrients (% of daily need)

Calories: 1086.98kcal (54.35%), Fat: 44.96g (69.17%), Saturated Fat: 17.28g (108%), Carbohydrates: 118.44g (39.48%), Net Carbohydrates: 109.36g (39.77%), Sugar: 29.42g (32.69%), Cholesterol: 83.9mg (27.97%), Sodium: 2065.53mg (89.81%), Alcohol: 5.59g (100%), Alcohol %: 0.67% (100%), Protein: 44.71g (89.42%), Vitamin B1: 1.27mg (84.91%), Selenium: 56.43µg (80.61%), Vitamin B3: 14.3mg (71.5%), Vitamin B2: 1.2mg (70.48%), Calcium: 686.94mg (68.69%), Phosphorus: 674.27mg (67.43%), Manganese: 1.29mg (64.73%), Folate: 254.45µg (63.61%), Iron: 8.28mg (46.03%), Vitamin B6: 0.92mg (45.95%), Fiber: 9.08g (36.31%), Potassium: 1231.61mg (35.19%), Vitamin C: 27.13mg (32.88%), Copper: 0.62mg (31.09%), Zinc: 4.64mg (30.95%), Vitamin K: 31.17µg (29.69%), Magnesium: 118.21mg (29.55%), Vitamin E: 2.88mg (19.18%), Vitamin A: 707.99IU (14.16%), Vitamin B12: 0.8µg (13.4%), Vitamin B5: 1.16mg (11.58%), Vitamin D: 0.3µg (1.98%)