



French Onion Soup

 Popular

READY IN



80 min.

SERVINGS



4

CALORIES



921 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 8 slices bread french toasted
- ☐ 2 cloves garlic minced
- ☐ 1.5 cups swiss gruyere with a little grated parmesan cheese grated
- ☐ 4 servings olive oil
- ☐ 4 servings salt and pepper
- ☐ 0.3 teaspoon sugar
- ☐ 0.3 teaspoon thyme leaves dry

- ☐ 0.5 cup vermouth dry white dry
- ☐ 6 large onions red yellow peeled thinly sliced (see How to Slice an Onion)
- ☐ 8 cups a combination of the two with beef stock)

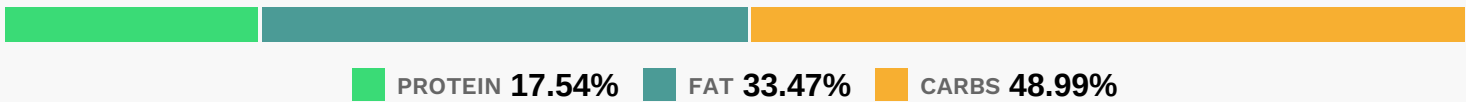
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ casserole dish
- ☐ broiler

Directions

- ☐ In a large saucepan, sauté the onions in the olive oil on medium high heat until well browned, but not burned, about 30–40 minutes (or longer).
- ☐ Add the sugar about 10 minutes into the process to help with the carmelization.²
- ☐ Add garlic and sauté for 1 minute.
- ☐ Add the stock, vermouth or wine, bay leaf, and thyme. Cover partially and simmer until the flavors are well blended, about 30 minutes. Season to taste with salt and pepper. Discard the bay leaf.³ To serve you can either use individual oven–proof soup 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 degrees F, or until the cheese bubbles and is slightly browned.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:66.9, Glycemic Load:56.29, Inflammation Score:-9, Nutrition Score:35.2534780295%

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: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 11.27mg, Isorhamnetin: 11.27mg, Isorhamnetin: 11.27mg, Isorhamnetin: 11.27mg Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 45.71mg, Quercetin: 45.71mg, Quercetin: 45.71mg, Quercetin: 45.71mg

Nutrients (% of daily need)

Calories: 920.6kcal (46.03%), Fat: 33.6g (51.68%), Saturated Fat: 10.06g (62.87%), Carbohydrates: 110.62g (36.87%), Net Carbohydrates: 103.92g (37.79%), Sugar: 23.62g (26.24%), Cholesterol: 47.03mg (15.68%), Sodium: 2318.05mg (100.78%), Alcohol: 3.09g (100%), Alcohol %: 0.43% (100%), Protein: 39.62g (79.24%), Selenium: 61.66µg (88.09%), Vitamin B1: 1.2mg (79.67%), Vitamin B3: 14.09mg (70.45%), Vitamin B2: 1.15mg (67.74%), Phosphorus: 574.86mg (57.49%), Folate: 226.89µg (56.72%), Manganese: 1.06mg (52.89%), Calcium: 470.6mg (47.06%), Vitamin B6: 0.76mg (38.23%), Iron: 6.87mg (38.18%), Potassium: 1079.65mg (30.85%), Copper: 0.56mg (28.16%), Zinc: 4.07mg (27.11%), Fiber: 6.7g (26.79%), Magnesium: 99.39mg (24.85%), Vitamin C: 18.29mg (22.17%), Vitamin E: 2.67mg (17.78%), Vitamin K: 11.97µg (11.4%), Vitamin B5: 0.85mg (8.49%), Vitamin B12: 0.51µg (8.44%), Vitamin A: 350.89IU (7.02%), Vitamin D: 0.19µg (1.25%)