

French Onion Soup



Gluten Free



Popular

READY IN



225 min.

SERVINGS



4

CALORIES



537 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 0.3 cup butter
- ☐ 2 cloves garlic chopped
- ☐ 0.3 cup flour gluten free for (rice flour)
- ☐ 1 cup gruyere cheese grated
- ☐ 4 pounds onions sliced
- ☐ 0.3 cup parmesan grated
- ☐ 1 cup red wine (or beef or vegetable broth + 1 tablespoon balsamic vinegar)

- ☐ 4 servings salt and pepper to taste
- ☐ 1 teaspoon thyme leaves chopped
- ☐ 3 cups vegetable broth

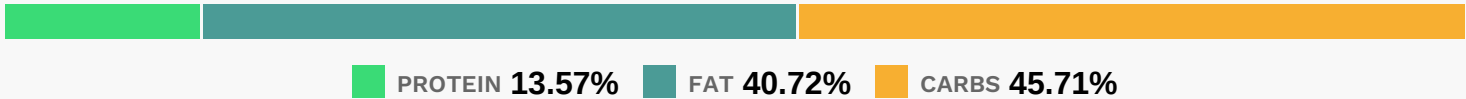
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ broiler

Directions

- ☐ Melt the butter in a large sauce pan over medium-low heat, add the onions and cook slowly at low with the lid on until golden brown and caramelized, about 2-3 hours, stirring every 15 minutes.Raise the heat to medium, add the garlic and thyme and saute until fragrant, about a minute.
- ☐ Mix in the flour and let it cook for 2-3 minutes.
- ☐ Add the wine and deglaze the pan.
- ☐ Add the broth and bay leaves, bring to a boil, reduce the heat and simmer for 30 minutes.Ladle the soup into oven-proof bowls on a baking sheet and top with the sliced bread and cheese.Broiler until cheese melts, about 1-3 minutes.

Nutrition Facts



Properties

Glycemic Index:68.5, Glycemic Load:16.02, Inflammation Score:-10, Nutrition Score:18.703478211942%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 22.73mg, Isorhamnetin: 22.73mg, Isorhamnetin: 22.73mg, Isorhamnetin: 22.73mg Kaempferol: 2.95mg, Kaempferol: 2.95mg, Kaempferol: 2.95mg, Kaempferol: 2.95mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 92.11mg, Quercetin: 92.11mg, Quercetin: 92.11mg, Quercetin: 92.11mg

Nutrients (% of daily need)

Calories: 536.75kcal (26.84%), Fat: 24.51g (37.7%), Saturated Fat: 14.75g (92.19%), Carbohydrates: 61.9g (20.63%), Net Carbohydrates: 53.31g (19.39%), Sugar: 30.71g (34.12%), Cholesterol: 71.05mg (23.68%), Sodium: 1358.88mg (59.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.38g (36.77%), Calcium: 542.52mg (54.25%), Vitamin C: 34.86mg (42.25%), Phosphorus: 392.97mg (39.3%), Manganese: 0.71mg (35.69%), Fiber: 8.59g (34.36%), Vitamin B6: 0.6mg (29.92%), Folate: 90.71µg (22.68%), Vitamin A: 1127.67IU (22.55%), Potassium: 778.89mg (22.25%), Magnesium: 69.16mg (17.29%), Vitamin B1: 0.23mg (15.66%), Zinc: 2.32mg (15.48%), Vitamin B2: 0.24mg (14.37%), Selenium: 8.82µg (12.59%), Iron: 1.93mg (10.72%), Copper: 0.21mg (10.68%), Vitamin B12: 0.63µg (10.45%), Vitamin B5: 0.8mg (7.98%), Vitamin K: 3.83µg (3.65%), Vitamin E: 0.53mg (3.51%), Vitamin B3: 0.6mg (3.02%), Vitamin D: 0.23µg (1.53%)