



WHATSheATE



French Onion Soup Dip



Gluten Free



Popular

READY IN



60 min.

SERVINGS



4

CALORIES



470 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup beef stock
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 clove garlic chopped
- ☐ 0.3 cup gruyere cheese grated
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 cup mayonnaise
- ☐ 1 tablespoon oil
- ☐ 2 pounds onions sliced

- ☐ 4 servings salt to taste
- ☐ 0.8 cup cup heavy whipping cream sour
- ☐ 0.5 teaspoon thyme leaves chopped
- ☐ 1 teaspoon worcestershire sauce

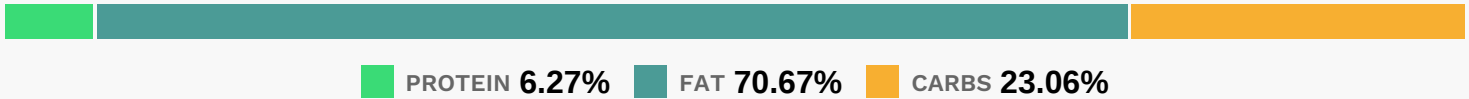
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a pan over medium heat, add the onions and cook until deep brown and caramelized, about 45–60 minutes, stirring as needed and deglazing the pan as needed with 2 tablespoons of wine and stock.
- ☐ Add the garlic and thyme and cook until fragrant, about a minute.
- ☐ Mix the remaining ingredients and enjoy with with crostini topped with melted gruyere or crackers or chips, etc.

Nutrition Facts



Properties

Glycemic Index:49.75, Glycemic Load:5.14, Inflammation Score:-9, Nutrition Score:13.506956460683%

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 Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 46.08mg, Quercetin: 46.08mg, Quercetin: 46.08mg, Quercetin: 46.08mg

Nutrients (% of daily need)

Calories: 469.73kcal (23.49%), Fat: 36.09g (55.52%), Saturated Fat: 9.62g (60.14%), Carbohydrates: 26.5g (8.83%), Net Carbohydrates: 22.04g (8.01%), Sugar: 12.18g (13.54%), Cholesterol: 46.28mg (15.43%), Sodium: 340.33mg (14.8%), Alcohol: 3.09g (100%), Alcohol %: 1.04% (100%), Protein: 7.2g (14.4%), Vitamin K: 51.7µg (49.23%), Vitamin C: 20.98mg (25.43%), Vitamin A: 1215.17IU (24.3%), Manganese: 0.39mg (19.65%), Vitamin B6: 0.39mg (19.56%), Calcium: 193.54mg (19.35%), Fiber: 4.46g (17.85%), Phosphorus: 177.51mg (17.75%), Vitamin E: 2.37mg (15.8%), Potassium: 534.78mg (15.28%), Folate: 51.93µg (12.98%), Vitamin B2: 0.22mg (12.75%), Magnesium: 39.39mg (9.85%), Vitamin B1: 0.14mg (9.48%), Selenium: 5.25µg (7.51%), Zinc: 1.05mg (6.97%), Copper: 0.14mg (6.75%), Iron: 1.04mg (5.76%), Vitamin B5: 0.54mg (5.42%), Vitamin B12: 0.26µg (4.27%), Vitamin B3: 0.8mg (4.02%)