



French Onion Soup from Birds Eye®

READY IN



30 min.

SERVINGS



4

CALORIES



246 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups beef broth
- ☐ 2 tablespoons butter
- ☐ 4 slices bread french italian thick toasted
- ☐ 4 slices swiss cheese
- ☐ 0.5 teaspoon thyme leaves dried

Equipment

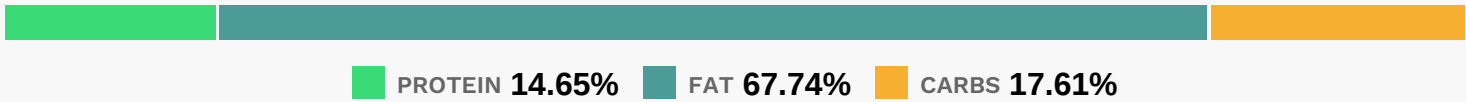
- ☐ bowl
- ☐ baking sheet

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Melt butter in medium saucepan over medium heat and cook Recipe Ready Chopped Onions, stirring occasionally, 15 minutes or until golden brown.
- ☐ Add beef broth and thyme; bring to a boil over high heat. Simmer 5 minutes. Season, if desired, with salt and black pepper.
- ☐ Arrange 4 oven-proof soup bowls on baking sheet and evenly fill with soup. Arrange toast in each bowl and top with cheese. Broil 1 minute or until cheese is bubbling.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:0.08, Inflammation Score:-4, Nutrition Score:5.0926087433877%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg

Nutrients (% of daily need)

Calories: 245.65kcal (12.28%), Fat: 18.54g (28.52%), Saturated Fat: 10.8g (67.48%), Carbohydrates: 10.85g (3.62%), Net Carbohydrates: 10.11g (3.68%), Sugar: 6.18g (6.87%), Cholesterol: 30.86mg (10.29%), Sodium: 1043.48mg (45.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.02g (18.04%), Calcium: 168.39mg (16.84%), Vitamin B3: 2.79mg (13.95%), Phosphorus: 138.13mg (13.81%), Vitamin B12: 0.69µg (11.56%), Selenium: 6.87µg (9.81%), Vitamin B2: 0.12mg (7.26%), Vitamin A: 327.91IU (6.56%), Potassium: 188.27mg (5.38%), Zinc: 0.79mg (5.29%), Iron: 0.9mg (4.97%), Folate: 19.25µg (4.81%), Magnesium: 14.35mg (3.59%), Fiber: 0.74g (2.94%), Vitamin B1: 0.04mg (2.34%), Vitamin B6: 0.04mg (1.85%), Vitamin E: 0.26mg (1.76%), Manganese: 0.03mg (1.46%), Vitamin B5: 0.13mg (1.3%)