



French Onion Soup Gratinée

READY IN



60 min.

SERVINGS



6

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 beef bouillon from cube instant
- 5 cups beef broth
- 6 slices bread french toasted
- 3 tablespoons butter
- 4 cups onion thinly sliced
- 0.3 cup parmesan cheese grated
- 1 Dash pepper
- 1 cup swiss cheese shredded
- 1 teaspoon worcestershire sauce

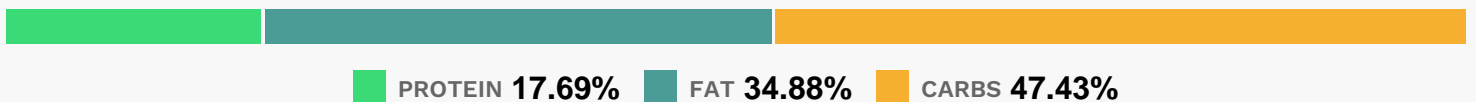
Equipment

- bowl
- baking sheet
- sauce pan
- ladle
- dutch oven

Directions

- Melt margarine in Dutch oven or large saucepan over low heat.
- Add onions; cook 15 minutes or until onions are golden brown and tender, stirring occasionally.
- Add broth, bouillon cube, Worcestershire sauce and pepper. Bring to a boil. Reduce heat; cover and simmer 20 to 25 minutes.
- Meanwhile, in medium bowl, combine cheeses.
- To serve, place 6 ovenproof bowls on cookie sheet for ease in broiling. Ladle soup into bowls. Top each with slice of toasted bread; sprinkle each with about 2 tablespoons cheese mixture. Broil about 3 to 5 inches from heat for 1 to 3 minutes or until cheese is bubbly.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:27.88, Inflammation Score:-7, Nutrition Score:15.164347846223%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 21.65mg, Quercetin: 21.65mg, Quercetin: 21.65mg, Quercetin: 21.65mg

Nutrients (% of daily need)

Calories: 370.18kcal (18.51%), Fat: 14.48g (22.27%), Saturated Fat: 5.69g (35.59%), Carbohydrates: 44.3g (14.77%), Net Carbohydrates: 41.07g (14.94%), Sugar: 7.58g (8.42%), Cholesterol: 20.36mg (6.79%), Sodium: 1319.4mg (57.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.53g (33.05%), Selenium: 27.12µg (38.74%), Vitamin B1: 0.51mg (34.13%), Calcium: 270.1mg (27.01%), Folate: 105.01µg (26.25%), Phosphorus: 256.13mg (25.61%), Manganese: 0.5mg (24.98%), Vitamin B2: 0.42mg (24.53%), Vitamin B3: 4.79mg (23.96%), Iron: 3.16mg (17.57%), Fiber: 3.23g (12.9%), Vitamin B12: 0.75µg (12.45%), Zinc: 1.82mg (12.11%), Vitamin B6: 0.23mg (11.66%), Magnesium: 42.92mg (10.73%), Potassium: 370.31mg (10.58%), Vitamin C: 8.04mg (9.74%), Vitamin A: 438.85IU (8.78%), Copper: 0.15mg (7.56%), Vitamin B5: 0.48mg (4.82%), Vitamin E: 0.5mg (3.35%), Vitamin K: 1.23µg (1.18%)