



French Onion Soup Gratinee

READY IN



75 min.

SERVINGS



4

CALORIES



1028 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon balsamic vinegar
- 1 bay leaves
- 4 tablespoons butter
- 14 ounce beef broth canned
- 48 fluid ounce chicken broth canned
- 2 sprigs parsley fresh
- 1 sprig thyme sprigs fresh
- 4 slices bread crumbs french italian thick
- 4 pinches paprika

- 2 large onion red thinly sliced
- 0.5 cup red wine
- 1 teaspoon salt
- 4 servings pepper black freshly ground to taste
- 0.5 cup mozzarella cheese shredded room temperature
- 2 large onion sweet thinly sliced
- 1 tablespoon worcestershire sauce

Equipment

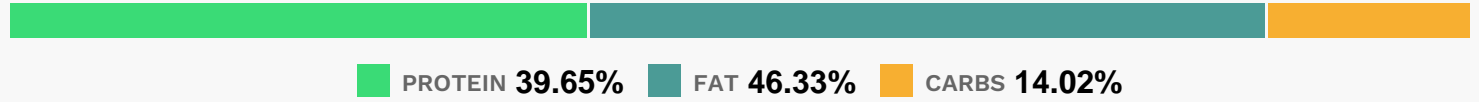
- bowl
- baking sheet
- oven
- pot
- broiler
- kitchen twine

Directions

- Melt butter in a large pot over medium-high heat. Stir in salt, red onions and sweet onions. Cook 35 minutes, stirring frequently, until onions are caramelized and almost syrupy.
- Mix chicken broth, beef broth, red wine and Worcestershire sauce into pot. Bundle the parsley, thyme, and bay leaf with twine and place in pot. Simmer over medium heat for 20 minutes, stirring occasionally.
- Remove and discard the herbs. Reduce the heat to low, mix in vinegar and season with salt and pepper. Cover and keep over low heat to stay hot while you prepare the bread.
- Preheat oven broiler. Arrange bread slices on a baking sheet and broil 3 minutes, turning once, until well toasted on both sides.
- Remove from heat; do not turn off broiler.
- Arrange 4 large oven safe bowls or crocks on a rimmed baking sheet. Fill each bowl 2/3 full with hot soup. Top each bowl with 1 slice toasted bread, 2 slice Gruyere cheese and 1/4 of the Asiago or mozzarella cheese.

- Sprinkle a little bit of paprika over the top of each one.
- Broil 5 minutes, or until bubbly and golden brown. As it softens, the cheese will cascade over the sides of the crock and form a beautifully melted crusty seal.
- Serve immediately!

Nutrition Facts



Properties

Glycemic Index:73.25, Glycemic Load:1.74, Inflammation Score:-9, Nutrition Score:30.557391529498%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 2.28mg, Kaempferol: 2.28mg, Kaempferol: 2.28mg, Kaempferol: 2.28mg Myricetin: 2.1mg, Myricetin: 2.1mg, Myricetin: 2.1mg, Myricetin: 2.1mg Quercetin: 35.51mg, Quercetin: 35.51mg, Quercetin: 35.51mg, Quercetin: 35.51mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

Nutrients (% of daily need)

Calories: 1028.21kcal (51.41%), Fat: 50.83g (78.2%), Saturated Fat: 21.02g (131.37%), Carbohydrates: 34.62g (11.54%), Net Carbohydrates: 31.06g (11.29%), Sugar: 18.29g (20.32%), Cholesterol: 218.58mg (72.86%), Sodium: 2986.63mg (129.85%), Alcohol: 3.18g (100%), Alcohol %: 0.53% (100%), Protein: 97.9g (195.8%), Selenium: 69.76µg (99.66%), Phosphorus: 690.85mg (69.09%), Vitamin B12: 3.96µg (66.01%), Zinc: 9.75mg (65.01%), Vitamin B3: 10.7mg (53.52%), Vitamin B6: 1.01mg (50.57%), Iron: 6.52mg (36.2%), Vitamin A: 1627.91IU (32.56%), Vitamin B2: 0.52mg (30.3%), Potassium: 1036.38mg (29.61%), Magnesium: 103.56mg (25.89%), Calcium: 188.47mg (18.85%), Vitamin K: 19.51µg (18.58%), Folate: 73.66µg (18.42%), Vitamin C: 13.65mg (16.55%), Copper: 0.32mg (15.85%), Manganese: 0.29mg (14.65%), Fiber: 3.56g (14.23%), Vitamin E: 1.83mg (12.2%), Vitamin B1: 0.14mg (9.1%), Vitamin B5: 0.32mg (3.23%), Vitamin D: 0.41µg (2.74%)