



French Onion Soup I

 Popular

READY IN

ready

60 min.

SERVINGS

servings

4

CALORIES

calories

566 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 21 ounce condensed beef broth canned
- ☐ 0.3 cup butter
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 baguette french
- ☐ 3 onions thinly sliced
- ☐ 0.5 cup red wine
- ☐ 8 ounces swiss cheese sliced
- ☐ 2.5 cups water

☐ 1 teaspoon sugar white

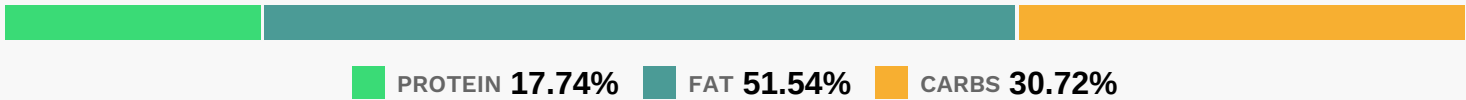
Equipment

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

Directions

- ☐ Melt butter or margarine in a 4 quart saucepan. Stir in sugar. Cook onions over medium heat for 10 minutes, or until golden brown.
- ☐ Stir in flour until well blended with the onions and pan juices.
- ☐ Add water, wine, and beef broth; heat to boiling. Reduce heat to low. Cover soup, and simmer for 10 minutes.
- ☐ Cut four 1 inch thick slices of bread from the loaf. Toast the bread slices at 325 degrees F (165 degrees C) just until browned, about 10 minutes. Reserve the remaining bread to serve with the soup.
- ☐ Ladle soup into four 12 ounce, oven-safe bowls.
- ☐ Place 1 slice toasted bread on top of the soup in each bowl. Fold Swiss cheese slices, and fit onto toasted bread slices.
- ☐ Place soup bowls on a cookie sheet for easier handling.
- ☐ Bake at 425 degrees F (220 degrees C) for 10 minutes, or just until cheese is melted

Nutrition Facts



Properties

Glycemic Index:83.96, Glycemic Load:24.41, Inflammation Score:-8, Nutrition Score:18.871739221656%

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 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: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 4.14mg, Isorhamnetin: 4.14mg, Isorhamnetin: 4.14mg, Isorhamnetin: 4.14mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 17.06mg, Quercetin: 17.06mg, Quercetin: 17.06mg, Quercetin: 17.06mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 566.02kcal (28.3%), Fat: 31.22g (48.03%), Saturated Fat: 18.15g (113.46%), Carbohydrates: 41.86g (13.95%), Net Carbohydrates: 39.1g (14.22%), Sugar: 7.63g (8.47%), Cholesterol: 83.23mg (27.74%), Sodium: 1147.98mg (49.91%), Alcohol: 3.18g (100%), Alcohol %: 0.74% (100%), Protein: 24.18g (48.36%), Calcium: 608.68mg (60.87%), Phosphorus: 440.43mg (44.04%), Selenium: 30.11µg (43.02%), Vitamin B12: 1.84µg (30.68%), Vitamin B1: 0.43mg (28.52%), Vitamin B2: 0.45mg (26.44%), Folate: 94.79µg (23.7%), Manganese: 0.47mg (23.33%), Vitamin B3: 4.31mg (21.56%), Zinc: 3.19mg (21.3%), Vitamin A: 827.4IU (16.55%), Iron: 2.88mg (16.03%), Magnesium: 51.96mg (12.99%), Vitamin B6: 0.24mg (11.85%), Fiber: 2.77g (11.06%), Potassium: 362.11mg (10.35%), Copper: 0.16mg (8.21%), Vitamin C: 6.11mg (7.4%), Vitamin B5: 0.64mg (6.44%), Vitamin E: 0.87mg (5.79%), Vitamin K: 4.12µg (3.92%)