



## French Onion Soup III

READY IN



45 min.

SERVINGS



6

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup butter
- 21 ounce beef broth canned
- 2 tablespoons flour all-purpose
- 6 slices bread french toasted
- 2 onion thinly sliced
- 0.5 cup parmesan cheese grated
- 0.5 cup swiss cheese shredded
- 2.5 cups water

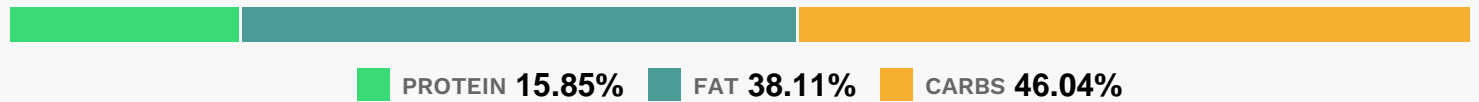
# Equipment

- bowl
- sauce pan
- oven

# Directions

- Preheat oven to 425 degrees F(220 degrees C). Separate sliced onion into single rings.
- In a medium sauce pan saute onions in butter until soft, approximately 20 minutes. Stir in flour and gradually add broth and water. Bring to a boil and simmer for 20 minutes.
- Meanwhile, toast French bread slices.
- Place toasted bread into soup bowls.
- Pour soup mixture over bread and sprinkle with Parmesan and Swiss cheese.
- Bake for 10 minutes.

# Nutrition Facts



# Properties

Glycemic Index:43.25, Glycemic Load:27.78, Inflammation Score:-6, Nutrition Score:12.500000084224%

# Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

# Nutrients (% of daily need)

Calories: 343.06kcal (17.15%), Fat: 14.62g (22.5%), Saturated Fat: 8.26g (51.61%), Carbohydrates: 39.76g (13.25%), Net Carbohydrates: 37.66g (13.69%), Sugar: 4.53g (5.03%), Cholesterol: 35.96mg (11.99%), Sodium: 984.14mg (42.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.68g (27.36%), Selenium: 25.75µg (36.79%), Vitamin B1: 0.5mg (33.11%), Folate: 93.84µg (23.46%), Vitamin B2: 0.38mg (22.09%), Manganese: 0.42mg (20.86%), Calcium: 207.04mg (20.7%), Vitamin B3: 4.06mg (20.32%), Phosphorus: 200.2mg (20.02%), Iron: 2.92mg (16.2%), Zinc: 1.52mg (10.12%), Magnesium: 33.74mg (8.44%), Fiber: 2.1g (8.4%), Vitamin B12: 0.47µg (7.83%), Vitamin A:

383.88IU (7.68%), Copper: 0.14mg (6.93%), Vitamin B6: 0.14mg (6.84%), Potassium: 208.66mg (5.96%), Vitamin B5: 0.37mg (3.66%), Vitamin C: 2.71mg (3.29%), Vitamin E: 0.46mg (3.06%), Vitamin K: 1.53 $\mu$ g (1.46%)