



French Onion Soup Topped French Bread Pizzas and Salad with Dijon Vinaigrette

READY IN



70 min.

SERVINGS



4

CALORIES



1087 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 20 ounce beef consomme canned
- ☐ 2 medium loaves bread split french halved
- ☐ 8 tablespoons butter
- ☐ 12 ounces camembert cheese cut cubes plus extra to put on top ripe sliced
- ☐ 1 tablespoon dijon mustard
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.3 cup cooking sherry dry
- ☐ 0.3 cup evoo

- ☐ 2 bay leaves fresh
- ☐ 2 cups gruyere cheese shredded
- ☐ 1 tablespoon honey
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 small shallots grated
- ☐ 2 tablespoons balsamic vinegar
- ☐ 6 large onions yellow very thinly sliced
- ☐ 6 cups earthy such as spinach, escarole and romaine hearts crisp chopped

Equipment

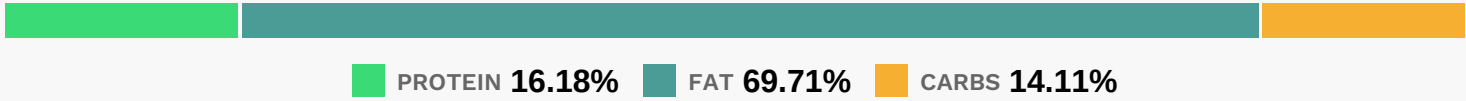
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wooden spoon

Directions

- ☐ Heat the butter in a large high-sided skillet over medium heat.
- ☐ Add the thyme, onions and bay leaves and season with salt and pepper. Cook low and slow until deep caramel in color and very sweet, 35 to 40 minutes. Deglaze with the sherry, stirring and scraping up any browned bits from the bottom of the skillet with a wooden spoon. Stir in the consomme.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Toast the bread in the oven. Top with the onion mixture and the cheeses. Return to the oven and bake until the cheese is melted and lightly browned.
- ☐ Combine the vinegar, honey, lemon juice and shallot in a large bowl and let sit for 5 to 10 minutes.
- ☐ Whisk in the mustard and then the EVOO; season with salt and pepper.
- ☐ Add the greens and toss to coat with the dressing.

- ☐
- Serve the pizzas with the salad.
- ☐
- Cook's Note: The onion topping can be covered and refrigerated for a make-ahead meal.
Reheat with a splash of water to loosen.

Nutrition Facts



Properties

Glycemic Index:89.94, Glycemic Load:11.45, Inflammation Score:-10, Nutrition Score:39.833043513091%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 11.27mg, Isorhamnetin: 11.27mg, Isorhamnetin: 11.27mg, Isorhamnetin: 11.27mg Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 48.07mg, Quercetin: 48.07mg, Quercetin: 48.07mg, Quercetin: 48.07mg

Nutrients (% of daily need)

Calories: 1087.42kcal (54.37%), Fat: 84.36g (129.78%), Saturated Fat: 42.77g (267.33%), Carbohydrates: 38.41g (12.8%), Net Carbohydrates: 31.28g (11.38%), Sugar: 17.27g (19.19%), Cholesterol: 194.04mg (64.68%), Sodium: 2217.74mg (96.42%), Alcohol: 2.06g (100%), Alcohol %: 0.36% (100%), Protein: 44.07g (88.13%), Vitamin A: 11450.03IU (229%), Vitamin K: 133.04µg (126.7%), Calcium: 1130.96mg (113.1%), Phosphorus: 848.95mg (84.9%), Folate: 268.4µg (67.1%), Vitamin B2: 0.82mg (47.98%), Selenium: 30.17µg (43.1%), Manganese: 0.77mg (38.73%), Vitamin B12: 2.31µg (38.47%), Zinc: 5.5mg (36.66%), Vitamin B6: 0.66mg (33.23%), Fiber: 7.13g (28.51%), Potassium: 965.58mg (27.59%), Vitamin C: 22.63mg (27.43%), Vitamin E: 3.86mg (25.7%), Magnesium: 94.36mg (23.59%), Vitamin B5: 2.18mg (21.77%), Vitamin B1: 0.32mg (21.34%), Iron: 3.35mg (18.59%), Vitamin B3: 3.18mg (15.88%), Copper: 0.21mg (10.68%), Vitamin D: 0.74µg (4.91%)