



French Onion Soup V

READY IN



45 min.

SERVINGS



6

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 31.5 ounce beef broth canned
- ☐ 0.5 teaspoon parsley dried
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 baguette french cut into 1/2 inch slices
- ☐ 1 teaspoon ground pepper black
- ☐ 4 onions chopped
- ☐ 8 ounces mozzarella cheese shredded

- ☐ 1.3 cups water
- ☐ 1 teaspoon sugar white
- ☐ 1 cup white wine

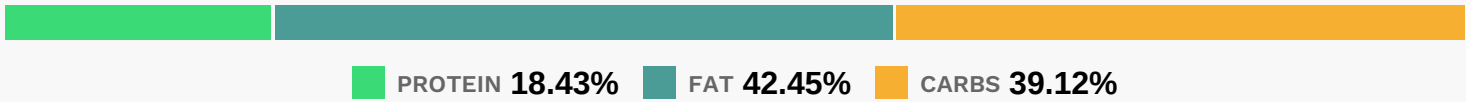
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot

Directions

- ☐ In a large pot over medium heat, saute the onions in the butter or margarine for 10 minutes, or until onions are tender. Stir in the flour, ground black pepper and the sugar to form a pasty mixture.
- ☐ Now add the beef broth, water, parsley and thyme and simmer for 10 minutes, Then add the wine and simmer for 10 more minutes.
- ☐ Preheat oven to broil.
- ☐ Fill individual oven safe bowls 3/4 full with the soup.
- ☐ Place a slice of bread on top of the soup and cover with the cheese.
- ☐ Place bowls in the oven.
- ☐ Broil in the oven until the cheese is melted and bubbly

Nutrition Facts



Properties

Glycemic Index:61.31, Glycemic Load:18.22, Inflammation Score:-7, Nutrition Score:12.127391390179%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg

Apigenin: 0.38mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.7mg, Isorhamnetin: 3.7mg, Isorhamnetin: 3.7mg, Isorhamnetin: 3.7mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 14.9mg, Quercetin: 14.9mg, Quercetin: 14.9mg, Quercetin: 14.9mg

Nutrients (% of daily need)

Calories: 361.25kcal (18.06%), Fat: 15.72g (24.18%), Saturated Fat: 9g (56.26%), Carbohydrates: 32.59g (10.86%), Net Carbohydrates: 30.27g (11.01%), Sugar: 6.52g (7.24%), Cholesterol: 44.91mg (14.97%), Sodium: 1100.78mg (47.86%), Alcohol: 4.12g (100%), Alcohol %: 1.3% (100%), Protein: 15.35g (30.71%), Calcium: 270.12mg (27.01%), Selenium: 16.41µg (23.44%), Phosphorus: 227.59mg (22.76%), Manganese: 0.43mg (21.66%), Vitamin B1: 0.32mg (21.53%), Vitamin B2: 0.32mg (18.81%), Folate: 71.8µg (17.95%), Vitamin B3: 3.45mg (17.26%), Vitamin B12: 0.98µg (16.3%), Iron: 2.38mg (13.22%), Zinc: 1.65mg (11%), Fiber: 2.32g (9.3%), Vitamin B6: 0.18mg (9.17%), Potassium: 306.93mg (8.77%), Magnesium: 34.86mg (8.71%), Vitamin A: 435.49IU (8.71%), Vitamin C: 5.46mg (6.62%), Copper: 0.1mg (5.15%), Vitamin K: 4.45µg (4.24%), Vitamin B5: 0.38mg (3.78%), Vitamin E: 0.38mg (2.53%), Vitamin D: 0.15µg (1.01%)