



French Onion Soup VII

 Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 slices baguette
- ☐ 0.3 cup butter
- ☐ 8 onions sliced
- ☐ 6 servings salt and pepper to taste
- ☐ 2 cups mozzarella cheese shredded
- ☐ 1 quart vegetable broth
- ☐ 1.5 cups white wine

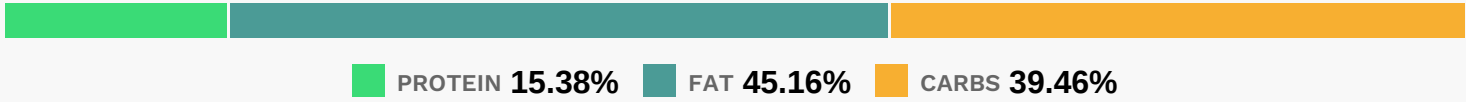
Equipment

- ☐ bowl
- ☐ ladle
- ☐ oven
- ☐ pot
- ☐ wooden spoon
- ☐ broiler

Directions

- ☐ Melt butter in a large pot over medium heat.
- ☐ Saute onions until deep brown, about 20 minutes. Stir in broth and wine, using a wooden spoon to scrape the bottom of the pot. Season with salt and pepper. Cook until heated through.
- ☐ Preheat oven on broiler setting. Ladle soup into heatproof serving bowls. Top each bowl with a slice of bread, and sprinkle with cheese.
- ☐ Place under a hot broiler until cheese is melted and slightly browned.

Nutrition Facts



Properties

Glycemic Index:39.29, Glycemic Load:14.95, Inflammation Score:-8, Nutrition Score:11.756521712179%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 7.35mg, Isorhamnetin: 7.35mg, Isorhamnetin: 7.35mg, Isorhamnetin: 7.35mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 29.8mg, Quercetin: 29.8mg, Quercetin: 29.8mg, Quercetin: 29.8mg

Nutrients (% of daily need)

Calories: 378.45kcal (18.92%), Fat: 17.03g (26.21%), Saturated Fat: 10.01g (62.55%), Carbohydrates: 33.49g (11.16%), Net Carbohydrates: 30.33g (11.03%), Sugar: 10.03g (11.14%), Cholesterol: 49.83mg (16.61%), Sodium: 1326.22mg (57.66%), Alcohol: 6.18g (100%), Alcohol %: 1.77% (100%), Protein: 13.05g (26.1%), Calcium: 263.66mg (26.37%), Phosphorus: 218.16mg (21.82%), Manganese: 0.42mg (20.98%), Selenium: 12.74µg (18.2%), Vitamin B1: 0.27mg (17.89%), Vitamin A: 827.63IU (16.55%), Folate: 65.6µg (16.4%), Vitamin B2: 0.26mg (15.31%), Vitamin B12: 0.87µg (14.45%), Vitamin C: 10.85mg (13.16%), Vitamin B6: 0.25mg (12.67%), Fiber: 3.17g (12.66%), Zinc: 1.67mg (11.16%), Iron: 1.74mg (9.68%), Potassium: 327.1mg (9.35%), Magnesium: 36.65mg (9.16%), Vitamin B3: 1.73mg (8.65%), Copper: 0.1mg (5.13%), Vitamin B5: 0.39mg (3.91%), Vitamin K: 3.31µg (3.15%), Vitamin E: 0.41mg (2.75%)