



## French Onion Soup with Bacon

READY IN



60 min.

SERVINGS



1

CALORIES



1559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 slices oscar mayer bacon cut into 1/2-inch pieces
- 28 oz beef broth fat-free reduced-sodium canned
- 0.5 tsp pepper black
- 5 slices bread italian toasted
- 1 cup italian\* five cheese shredded with a touch of philadelphia kraft
- 3 large onions spanish separated thinly sliced
- 2 Tbsp parmesan cheese grated kraft
- 0.3 tsp thyme leaves dried

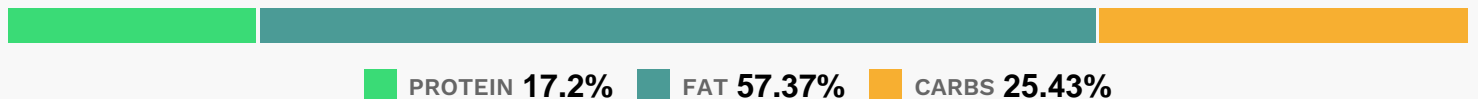
## Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- ladle
- broiler
- slotted spoon

## Directions

- Cook and stir bacon in large saucepan on medium heat until crisp.
- Remove bacon from pan with slotted spoon; drain on paper towels. Discard all but 2 Tbsp. drippings from pan.
- Add onions to reserved drippings in pan; cook 20 min. or until golden brown, stirring frequently.
- Add broth, pepper and thyme; stir. Simmer 15 min.
- Remove from heat; stir in bacon.
- Heat broiler. Ladle soup into 5 ovenproof bowls; top with remaining ingredients.
- Broil, 4 inches from heat, 2 to 3 min. or until cheeses are melted and golden brown.

## Nutrition Facts



## Properties

Glycemic Index:104, Glycemic Load:9.42, Inflammation Score:-9, Nutrition Score:25.629565187123%

## Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 22.55mg, Isorhamnetin: 22.55mg, Isorhamnetin: 22.55mg, Isorhamnetin: 22.55mg Kaempferol: 2.92mg, Kaempferol: 2.92mg, Kaempferol: 2.92mg, Kaempferol: 2.92mg

Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 91.35mg, Quercetin: 91.35mg, Quercetin: 91.35mg, Quercetin: 91.35mg

## Nutrients (% of daily need)

Calories: 1558.9kcal (77.95%), Fat: 101.51g (156.17%), Saturated Fat: 37.13g (232.09%), Carbohydrates: 101.2g (33.73%), Net Carbohydrates: 89.77g (32.65%), Sugar: 49.99g (55.55%), Cholesterol: 89.18mg (29.73%), Sodium: 2814.83mg (122.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 68.49g (136.97%), Potassium: 2668.72mg (76.25%), Fiber: 11.43g (45.72%), Vitamin B3: 8.58mg (42.92%), Calcium: 425.54mg (42.55%), Vitamin C: 33.62mg (40.75%), Vitamin B1: 0.59mg (39.58%), Vitamin B6: 0.79mg (39.29%), Folate: 149.36µg (37.34%), Manganese: 0.73mg (36.48%), Phosphorus: 359.41mg (35.94%), Selenium: 23.49µg (33.55%), Iron: 3.58mg (19.9%), Magnesium: 78.09mg (19.52%), Vitamin B2: 0.32mg (18.82%), Zinc: 2.45mg (16.35%), Copper: 0.23mg (11.54%), Vitamin B5: 1.09mg (10.89%), Vitamin B12: 0.57µg (9.58%), Vitamin E: 0.53mg (3.53%), Vitamin K: 3.61µg (3.44%), Vitamin A: 143.03IU (2.86%), Vitamin D: 0.4µg (2.68%)