

 9%  
HEALTH SCORE

# French Onion Soup With Browned Garlic

 Vegetarian  Vegan  Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



255 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 cup sherry dry
- 6 slices bread french toasted
- 9 cloves garlic minced
- 0.5 teaspoon pepper black
- 4 onion thinly sliced
- 6 servings salt to taste
- 4 cups vegetable stock
- 1 tablespoon flour whole wheat

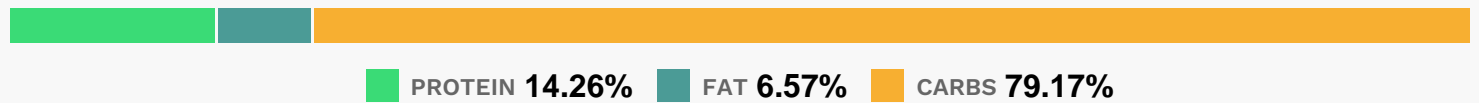
## Equipment

- bowl
- ladle
- pot

## Directions

- In a large, heavy stockpot over medium heat, cook sherry until bubbling.
- Add the onions, and reduce heat to medium. Cook onions slowly, stirring frequently, for at least 20 minutes, until they begin to form a paste.
- Stir in the garlic and continue to cook for 5 to 10 minutes, until garlic begins to look brown.
- Stir in flour and cook for 2 minutes.
- Pour in broth and bring to a boil. Reduce heat and simmer for 20 minutes. Season with pepper and salt. Ladle soup into bowls, and float a slice of toasted bread on top of each serving.

## Nutrition Facts



## Properties

Glycemic Index:38.25, Glycemic Load:28.62, Inflammation Score:-7, Nutrition Score:11.213478321614%

## 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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 14.98mg, Quercetin: 14.98mg, Quercetin: 14.98mg, Quercetin: 14.98mg

## Nutrients (% of daily need)

Calories: 255.14kcal (12.76%), Fat: 1.68g (2.58%), Saturated Fat: 0.38g (2.38%), Carbohydrates: 45.55g (15.18%), Net Carbohydrates: 42.63g (15.5%), Sugar: 7.83g (8.7%), Cholesterol: 0mg (0%), Sodium: 1211.49mg (52.67%), Alcohol:

4.12g (100%), Alcohol %: 1.53% (100%), Protein: 8.2g (16.41%), Vitamin B1: 0.51mg (33.68%), Manganese: 0.62mg (31.06%), Selenium: 20.08µg (28.68%), Folate: 93.73µg (23.43%), Vitamin B2: 0.31mg (18.01%), Vitamin B3: 3.3mg (16.52%), Iron: 2.9mg (16.12%), Vitamin B6: 0.24mg (11.88%), Fiber: 2.92g (11.66%), Phosphorus: 106.98mg (10.7%), Magnesium: 34.83mg (8.71%), Vitamin C: 6.83mg (8.28%), Copper: 0.15mg (7.4%), Vitamin A: 336.59IU (6.73%), Potassium: 234.88mg (6.71%), Calcium: 63.15mg (6.31%), Zinc: 0.92mg (6.16%), Vitamin B5: 0.36mg (3.58%), Vitamin K: 1.27µg (1.21%), Vitamin E: 0.16mg (1.08%)