



French Onion Soup with Gruyère Toast

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



328 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaf
- ☐ 6 servings butter
- ☐ 1 cup cooking wine dry white with chardonnay)
- ☐ 3 sprigs parsley fresh
- ☐ 3 sprigs thyme leaves fresh
- ☐ 4 ounces gruyère cheese thinly sliced
- ☐ 2 cups mushrooms coarsely chopped
- ☐ 3 tablespoons olive oil divided

- ☐ 2 medium onions sliced
- ☐ 3 medium onions sliced
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt
- ☐ 42.8 ounce vegetable broth canned

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Heat 2 tablespoons oil in a large skillet over medium-high heat until hot.
- ☐ Add 2 sliced onions and mushrooms; cook 5 minutes, stirring often. Reduce heat to medium; cook 15 minutes or until onion is browned.
- ☐ Add wine, and simmer 2 minutes.
- ☐ Add broth and next 4 ingredients. Bring to a boil; reduce heat, and simmer, partially covered, 30 minutes. Strain broth, discarding solids. Set broth aside.
- ☐ Heat a large saucepan over medium heat until hot; add remaining 1 tablespoon oil.
- ☐ Add remaining 3 sliced onions, and saut 10 minutes or until tender.
- ☐ Add reserved broth; cover, reduce heat, and simmer 25 minutes.
- ☐ Toast baguette slices. Butter each slice and top with cheese; place on a baking sheet. Broil 3" from heat just until cheese melts.
- ☐ Ladle soup into 6 serving bowls, and top with Gruyere toast.
- ☐ Sprinkle with pepper.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:3.48, Inflammation Score:-9, Nutrition Score:9.2678260647732%

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: 1.11mg, Apigenin: 1.11mg, Apigenin: 1.11mg, Apigenin: 1.11mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 4.59mg, Isorhamnetin: 4.59mg, Isorhamnetin: 4.59mg, Isorhamnetin: 4.59mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 18.63mg, Quercetin: 18.63mg, Quercetin: 18.63mg, Quercetin: 18.63mg

Nutrients (% of daily need)

Calories: 328.15kcal (16.41%), Fat: 24.59g (37.83%), Saturated Fat: 6.94g (43.34%), Carbohydrates: 13.64g (4.55%), Net Carbohydrates: 11.65g (4.24%), Sugar: 6.69g (7.44%), Cholesterol: 20.79mg (6.93%), Sodium: 1276.47mg (55.5%), Alcohol: 4.12g (100%), Alcohol %: 1.28% (100%), Protein: 7.84g (15.67%), Vitamin A: 1179.38IU (23.59%), Calcium: 224.14mg (22.41%), Phosphorus: 179.84mg (17.98%), Vitamin B2: 0.22mg (12.96%), Vitamin K: 13.59µg (12.94%), Vitamin C: 8.96mg (10.86%), Manganese: 0.21mg (10.26%), Vitamin E: 1.52mg (10.14%), Vitamin B6: 0.18mg (9.13%), Selenium: 6.22µg (8.89%), Potassium: 292.3mg (8.35%), Fiber: 1.99g (7.96%), Copper: 0.15mg (7.5%), Zinc: 1.12mg (7.49%), Vitamin B5: 0.73mg (7.33%), Vitamin B3: 1.34mg (6.72%), Folate: 26.32µg (6.58%), Magnesium: 24.49mg (6.12%), Vitamin B1: 0.08mg (5.57%), Vitamin B12: 0.33µg (5.49%), Iron: 0.67mg (3.71%), Vitamin D: 0.18µg (1.18%)