



French Red Onion Soup

READY IN



45 min.

SERVINGS



4

CALORIES



495 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices of baguette 1-inch-thick ()
- ☐ 6 peppercorns black
- ☐ 0.5 cup cooking wine dry red
- ☐ 2 cups chicken broth reduced-sodium
- ☐ 6 ounces coarsely manchego grated
- ☐ 3 tablespoons olive oil
- ☐ 2 pounds onions red cut into 1/2-inch wedges
- ☐ 2 cups water
- ☐ 2 star anise whole

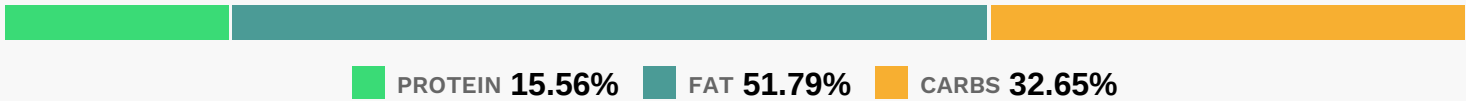
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ pot
- ☐ sieve
- ☐ broiler

Directions

- ☐ Bring broth, water, spices, and 1/2 teaspoon salt to a boil.
- ☐ Remove from heat and let steep 15 minutes.
- ☐ Meanwhile, cook onions in oil with 1/4 teaspoon salt in a heavy medium pot over medium heat, covered, stirring occasionally, until deep golden, about 15 minutes.
- ☐ Add wine and boil, uncovered, until reduced to 2 tablespoons, about 1 minute.
- ☐ Strain broth through a sieve into onion mixture and briskly simmer, uncovered, 10 minutes. Season with salt.
- ☐ Preheat broiler.
- ☐ Ladle soup into 4 ovenproof bowls set in a 4-sided sheet pan.
- ☐ Place baguette slices on top and sprinkle each with 1/2 cup cheese. Broil about 6 inches from heat until cheese is melted and bubbling, about 2 minutes.

Nutrition Facts



Properties

Glycemic Index:33.94, Glycemic Load:15.27, Inflammation Score:-8, Nutrition Score:13.22260857665%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin:

0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 11.37mg, Isorhamnetin: 11.37mg, Isorhamnetin: 11.37mg, Isorhamnetin: 11.37mg Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 46.21mg, Quercetin: 46.21mg, Quercetin: 46.21mg, Quercetin: 46.21mg

Nutrients (% of daily need)

Calories: 494.69kcal (24.73%), Fat: 27.58g (42.43%), Saturated Fat: 12.57g (78.54%), Carbohydrates: 39.12g (13.04%), Net Carbohydrates: 34.48g (12.54%), Sugar: 11.27g (12.52%), Cholesterol: 45.5mg (15.17%), Sodium: 506.59mg (22.03%), Alcohol: 3.15g (100%), Alcohol %: 0.69% (100%), Protein: 18.65g (37.29%), Calcium: 553.04mg (55.3%), Manganese: 0.47mg (23.58%), Vitamin C: 16.89mg (20.47%), Vitamin B1: 0.29mg (19.5%), Folate: 77.41µg (19.35%), Fiber: 4.64g (18.55%), Vitamin B3: 3.35mg (16.75%), Vitamin B6: 0.32mg (16.05%), Potassium: 481.59mg (13.76%), Phosphorus: 134.01mg (13.4%), Vitamin B2: 0.2mg (11.83%), Iron: 2.09mg (11.59%), Vitamin E: 1.65mg (11.01%), Copper: 0.21mg (10.64%), Selenium: 6.67µg (9.53%), Magnesium: 34.47mg (8.62%), Vitamin K: 8.43µg (8.03%), Zinc: 0.8mg (5.31%), Vitamin A: 240.79IU (4.82%), Vitamin B5: 0.41mg (4.06%), Vitamin B12: 0.12µg (1.97%)