



## French Three Onion Soup

READY IN



85 min.

SERVINGS



4

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 ounces baguette whole-wheat toasted (1/)
- 0.3 cup cooking sherry dry
- 1 tablespoon flour all-purpose
- 1 tablespoon chives fresh chopped
- 1.8 ounces gruyere cheese finely grated
- 4 servings kosher salt and pepper black freshly ground
- 1 leek dark light white green washed thinly sliced well
- 4 cups beef broth low-sodium
- 1 teaspoon olive oil extra-virgin

- 1 rosemary sprig fresh
- 1.8 cups shallots thinly sliced
- 3 to 4 thyme sprigs fresh
- 1 tablespoon butter unsalted
- 2 cups water
- 2 teaspoons worcestershire sauce
- 6 cups onions yellow peeled halved thinly sliced sliced

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- ramekin
- broiler
- dutch oven
- kitchen twine

## Directions

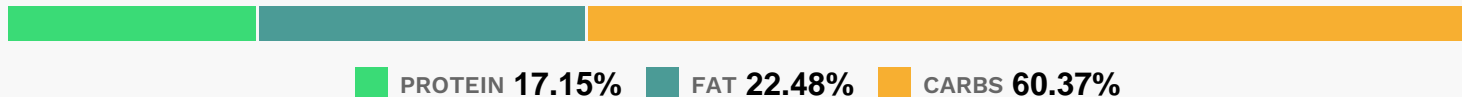
- Heat the butter and oil together in a Dutch oven over medium heat.
- Add the onions, shallots and leek, and season with salt and pepper, to taste. Stir to combine and cover. Cook, without stirring until the onions are soft and beginning to brown, about 10 to 15 minutes.
- Uncover, and continue to cook, stirring often, until the onions are a rich brown color and well caramelized, about 25 to 30 minutes. (If the onions begin to stick to the bottom of the pan or burn add about a 1 tablespoon water at a time.) Meanwhile, tie the reserved leek top with the thyme and rosemary using a piece of kitchen twine.
- Sprinkle the flour over the onions and cook, stirring, to cook out the raw flour taste, about 2 to 3 minutes. Stir in the broth and 2 cups water, scraping any browned bits from the bottom of the pan; add the herb bundle. Reduce the heat and simmer until thickened, 20 to 25 minutes. Stir in the Worcestershire and remove from the heat. Discard the herb bundle, stir in the

sherry and season, to taste, with salt and pepper.

Preheat the broiler. Divide the soup between 4 (16-ounce) oven proof bowls or ramekins and arrange them on a baking sheet. Top each bowl evenly with 2 baguette slices and top with the cheese. Put under the broiler until the cheese is melted and lightly browned, about 1 minute.

Sprinkle with the chives and serve.

## Nutrition Facts



## Properties

Glycemic Index:93.19, Glycemic Load:15.88, Inflammation Score:-10, Nutrition Score:18.110000086867%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 12.07mg, Isorhamnetin: 12.07mg, Isorhamnetin: 12.07mg, Isorhamnetin: 12.07mg Kaempferol: 2.23mg, Kaempferol: 2.23mg, Kaempferol: 2.23mg, Kaempferol: 2.23mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 48.78mg, Quercetin: 48.78mg, Quercetin: 48.78mg, Quercetin: 48.78mg

## Nutrients (% of daily need)

Calories: 343.97kcal (17.2%), Fat: 8.7g (13.38%), Saturated Fat: 4.5g (28.13%), Carbohydrates: 52.56g (17.52%), Net Carbohydrates: 44.23g (16.08%), Sugar: 20.36g (22.63%), Cholesterol: 21.17mg (7.06%), Sodium: 688.9mg (29.95%), Alcohol: 1.54g (100%), Alcohol %: 0.25% (100%), Protein: 14.93g (29.86%), Manganese: 0.85mg (42.4%), Vitamin C: 30.79mg (37.32%), Potassium: 1291.08mg (36.89%), Vitamin B6: 0.73mg (36.75%), Fiber: 8.33g (33.3%), Folate: 116.78µg (29.2%), Calcium: 260.98mg (26.1%), Phosphorus: 236.91mg (23.69%), Vitamin B1: 0.29mg (19.65%), Iron: 3.19mg (17.7%), Magnesium: 65.59mg (16.4%), Vitamin K: 15.71µg (14.96%), Copper: 0.27mg (13.44%), Vitamin A: 663.4IU (13.27%), Vitamin B2: 0.19mg (11.4%), Selenium: 7.61µg (10.88%), Zinc: 1.52mg (10.12%), Vitamin B5: 0.78mg (7.78%), Vitamin B3: 1.4mg (7.01%), Vitamin E: 0.6mg (4.01%), Vitamin B12: 0.2µg (3.41%)