



## Garlic and Onion Soup with Gruyère Toasts

READY IN



45 min.

SERVINGS



6

CALORIES



280 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 cups less-sodium chicken broth fat-free
- 6 ounces bread french cut into 12 slices
- 2 tablespoons chives fresh chopped
- 1 garlic head whole
- 2 ounces gruyère cheese shredded
- 0.3 cup half-and-half
- 0.5 teaspoon kosher salt
- 2 cups less-sodium beef broth

- 1.5 tablespoons olive oil divided
- 0.5 pound onions spanish peeled halved
- 0.3 cup rice long-grain uncooked
- 0.5 pound shallots peeled
- 1 pound onions yellow peeled halved

## Equipment

- bowl
- frying pan
- baking sheet
- ladle
- oven
- blender
- aluminum foil
- broiler
- dutch oven

## Directions

- To prepare the soup, preheat the oven to 37
- Remove white papery skin from garlic head (do not peel or separate cloves).
- Cut top third off head, and discard (A).
- Drizzle 1 teaspoon oil over cut side of garlic (B); wrap in foil.
- Bake at 375 for 50 minutes, cut side up, or until tender and cut side is lightly golden; cool 10 minutes. Separate cloves, and squeeze to extract garlic pulp (C). Discard skins.
- Increase oven temperature to 40
- Combine 2 teaspoons of oil, yellow onions, and next 4 ingredients (through pepper); toss gently. Arrange on a jelly-roll pan coated with cooking spray.
- Bake at 400 for 30 minutes or until tender and golden brown.
- Remove from oven, and cool slightly. Coarsely chop onions and shallots.

- Heat 1 1/2 teaspoons oil in a large Dutch oven over medium heat.
- Add onions, shallots, and garlic; cook 10 minutes, stirring occasionally.
- Add beef broth and rice; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until rice is tender.
- Add chicken broth, and cook 5 minutes or until thoroughly heated.
- Place one-fourth broth mixture in a blender.
- Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- Place a clean dishtowel over opening in blender lid (to avoid spills). Process until smooth.
- Pour the pureed broth mixture into a large bowl. Repeat procedure in batches with the remaining broth mixture. Stir in half-and-half.
- To prepare toasts, preheat broiler.
- Sprinkle cheese evenly over bread slices.
- Place bread slices on a baking sheet. Broil 5 minutes or until cheese melts and is lightly browned. Ladle soup into bowls; sprinkle with chives.
- Serve toasts with soup.

## Nutrition Facts



## Properties

Glycemic Index:55.45, Glycemic Load:20.24, Inflammation Score:-7, Nutrition Score:11.800869532253%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 5.75mg, Isorhamnetin: 5.75mg, Isorhamnetin: 5.75mg, Isorhamnetin: 5.75mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 23.08mg, Quercetin: 23.08mg, Quercetin: 23.08mg, Quercetin: 23.08mg

## Nutrients (% of daily need)

Calories: 279.87kcal (13.99%), Fat: 8.76g (13.48%), Saturated Fat: 3.2g (20.03%), Carbohydrates: 40.76g (13.59%), Net Carbohydrates: 36.79g (13.38%), Sugar: 9.69g (10.77%), Cholesterol: 13.92mg (4.64%), Sodium: 904.02mg (39.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.94g (21.89%), Manganese: 0.56mg (28.05%), Selenium: 14.13µg (20.18%), Vitamin B1: 0.3mg (19.95%), Folate: 73.19µg (18.3%), Phosphorus: 173.83mg (17.38%),

Vitamin B6: 0.34mg (17.25%), Calcium: 169.66mg (16.97%), Fiber: 3.97g (15.89%), Potassium: 547.72mg (15.65%),  
Vitamin C: 12.24mg (14.84%), Vitamin B2: 0.23mg (13.42%), Iron: 2.07mg (11.51%), Vitamin B3: 2.19mg (10.97%),  
Magnesium: 36.92mg (9.23%), Copper: 0.17mg (8.35%), Zinc: 1.19mg (7.92%), Vitamin B5: 0.63mg (6.3%), Vitamin K:  
5.87µg (5.59%), Vitamin B12: 0.32µg (5.36%), Vitamin E: 0.67mg (4.46%), Vitamin A: 173.55IU (3.47%)