



Golden Onion Soup

READY IN



190 min.

SERVINGS



6

CALORIES



227 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup butter
- 3 slices bread cut into 1-inch cubes
- 0.3 cup parmesan cheese grated
- 0.3 cup butter
- 1 tablespoon brown sugar packed
- 0.5 teaspoon worcestershire sauce
- 2 large onion sliced cut into fourths and (1 1/2 lb)
- 21 oz beef broth canned
- 2 condensed cream of cheddar cheese soup canned

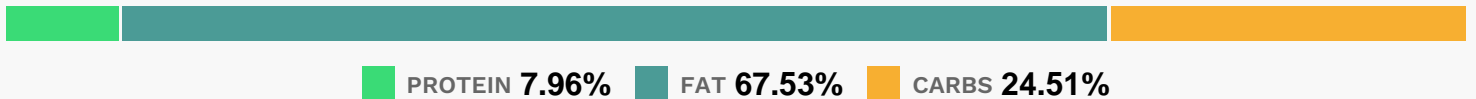
Equipment

- frying pan
- oven
- stove
- dutch oven

Directions

- Heat oven to 400°F. In 13x9-inch pan, melt 1/4 cup butter in oven. Toss bread cubes in butter until evenly coated.
- Sprinkle with cheese.
- Bake uncovered 10 to 15 minutes, stirring occasionally, until golden brown and crisp.
- Reduce oven temperature to 325°F. In 4-quart ovenproof Dutch oven, melt 1/4 cup butter over medium heat. Stir in brown sugar and Worcestershire sauce. Toss onions in butter mixture.
- Bake uncovered about 2 hours 30 minutes, stirring every hour, until onions are deep golden brown.
- Remove from oven; stir in broth and water.
- Heat to boiling on top of stove.
- Serve with croutons.

Nutrition Facts



Properties

Glycemic Index:14.28, Glycemic Load:4.6, Inflammation Score:-6, Nutrition Score:5.2100000413864%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.15mg, Quercetin: 10.15mg, Quercetin: 10.15mg, Quercetin: 10.15mg

Nutrients (% of daily need)

Calories: 227.11kcal (11.36%), Fat: 17.31g (26.63%), Saturated Fat: 4.04g (25.24%), Carbohydrates: 14.13g (4.71%), Net Carbohydrates: 12.72g (4.63%), Sugar: 4.92g (5.47%), Cholesterol: 3.64mg (1.21%), Sodium: 697.44mg (30.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.59g (9.18%), Vitamin A: 715.71IU (14.31%), Manganese: 0.25mg (12.31%), Selenium: 6.46µg (9.23%), Vitamin B3: 1.63mg (8.14%), Calcium: 79.76mg (7.98%), Phosphorus: 76.61mg (7.66%), Folate: 23.88µg (5.97%), Vitamin B1: 0.09mg (5.73%), Fiber: 1.41g (5.65%), Vitamin B2: 0.09mg (5.39%), Potassium: 170.1mg (4.86%), Iron: 0.84mg (4.65%), Vitamin C: 3.83mg (4.64%), Vitamin B6: 0.09mg (4.57%), Vitamin E: 0.64mg (4.3%), Magnesium: 15mg (3.75%), Zinc: 0.41mg (2.75%), Vitamin B12: 0.14µg (2.41%), Vitamin B5: 0.23mg (2.28%), Copper: 0.04mg (2.19%)