

Grilled Vidalia Onion Soup

 **Gluten Free**

READY IN



70 min.

SERVINGS



4

CALORIES



286 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cubes beef bouillon from cube
- 4 tablespoons butter
- 4 tablespoons sherry dry
- 12 ice cubes
- 4 slices provolone cheese
- 1 pinch salt and pepper to taste
- 4 large onion

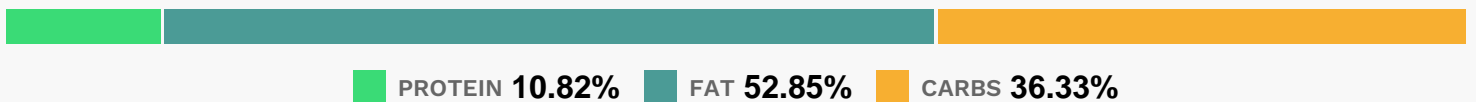
Equipment

- bowl
- grill
- aluminum foil

Directions

- Preheat the grill for medium-high heat.
- Slice the tops off of the onions, and remove the outer layer of skin. Leave the base intact.
- Cut slices across the top in a cross hatch pattern, going about 1/2 inch into the onion. Set each onion on a square of heavy duty aluminum foil. Double the foil if you do not have the heavy duty.
- Place 1 tablespoon of butter on top of each onion, then place one bouillon cube onto the butter. Fold the foil up around the onion. When almost closed, place 3 ice cubes on top of the onion, and spoon 1 tablespoon of the sherry into each packet. Seal completely.
- Place the packets on the grill, and cook for 40 to 45 minutes. Don't peek inside until the 40 minutes has passed. When the onions are cooked through, they will feel tender when you squeeze the packet. Open the foil up slightly, and place a slice of cheese on top of each one. Close the grill lid, and let the cheese melt into the onions for a minute.
- Remove from the grill, and serve from the packets, or remove the onions to a serving bowl, and pour the stock from the packets in with them.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:0.17, Inflammation Score:-9, Nutrition Score:9.7565218832182%

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 Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 3.77mg, Kaempferol: 3.77mg, Kaempferol: 3.77mg, Kaempferol: 3.77mg Myricetin: 3.77mg, Myricetin: 3.77mg, Myricetin: 3.77mg, Myricetin: 3.77mg

3.77mg Quercetin: 48.07mg, Quercetin: 48.07mg, Quercetin: 48.07mg, Quercetin: 48.07mg

Nutrients (% of daily need)

Calories: 285.57kcal (14.28%), Fat: 16.68g (25.66%), Saturated Fat: 10.45g (65.31%), Carbohydrates: 25.8g (8.6%), Net Carbohydrates: 22.82g (8.3%), Sugar: 16.88g (18.75%), Cholesterol: 43.21mg (14.4%), Sodium: 282.05mg (12.26%), Alcohol: 1.54g (100%), Alcohol %: 0.46% (100%), Protein: 7.69g (15.37%), Vitamin B6: 0.45mg (22.62%), Calcium: 216.06mg (21.61%), Folate: 78.68µg (19.67%), Vitamin C: 15.89mg (19.26%), Phosphorus: 190.19mg (19.02%), Manganese: 0.27mg (13.57%), Potassium: 436.28mg (12.47%), Fiber: 2.98g (11.92%), Vitamin A: 520.37IU (10.41%), Copper: 0.2mg (9.88%), Vitamin B1: 0.14mg (9.39%), Magnesium: 37.39mg (9.35%), Vitamin B2: 0.14mg (7.94%), Zinc: 1.08mg (7.19%), Selenium: 4.59µg (6.56%), Iron: 1.01mg (5.61%), Vitamin B12: 0.3µg (5.07%), Vitamin B5: 0.44mg (4.38%), Vitamin E: 0.43mg (2.9%), Vitamin B3: 0.52mg (2.62%), Vitamin K: 2.45µg (2.33%)