



Guinness French Onion Soup

 Popular

READY IN



120 min.

SERVINGS



4

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 2 tablespoons butter
- ☐ 0.3 cup flour
- ☐ 2 cloves garlic chopped
- ☐ 1 tablespoon grainy mustard
- ☐ 3 cups guinness
- ☐ 4 pounds onions sliced
- ☐ 4 servings salt and pepper to taste

- ☐ 1 teaspoon thyme leaves chopped
- ☐ 3 cups vegetable broth
- ☐ 1 cup cheddar shredded white
- ☐ 2 teaspoons worcestershire sauce

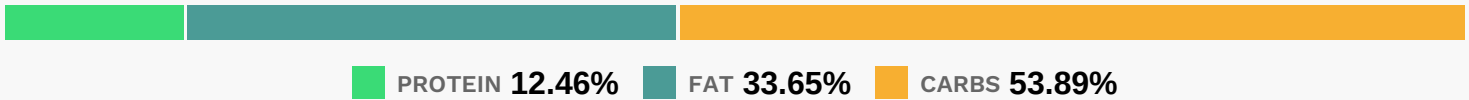
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ ladle
- ☐ oven

Directions

- ☐ Melt the butter in a large sauce pan over medium heat, add the onions and cook until completely caramelized and golden brown, about 1 hour, mixing every 10–15 minutes and adding water or Guinness to deglaze the pan as needed to prevent burning.
- ☐ Add the garlic and thyme and cook until fragrant, about a minute.
- ☐ Add the butter, let it melt, mix in the flour and let it cook for 2–4 minutes.
- ☐ Add the stout and deglaze the pan.
- ☐ Add the broth, Worcestershire sauce, grainy mustard, bay leaves, salt and pepper, bring to a boil, reduce the heat and simmer for 30 minutes.Ladle the soup into oven–proof bowls on a baking sheet, top with the sliced bread and cheese and broil until cheese melts, about 1–3 minutes.

Nutrition Facts



Properties

Glycemic Index:82.75, Glycemic Load:15.05, Inflammation Score:-10, Nutrition Score:17.194347873978%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 22.73mg, Isorhamnetin: 22.73mg, Isorhamnetin: 22.73mg, Isorhamnetin: 22.73mg Kaempferol: 2.95mg, Kaempferol: 2.95mg, Kaempferol: 2.95mg, Kaempferol: 2.95mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 92.11mg, Quercetin: 92.11mg, Quercetin: 92.11mg, Quercetin: 92.11mg

Nutrients (% of daily need)

Calories: 452.35kcal (22.62%), Fat: 15.96g (24.55%), Saturated Fat: 9.24g (57.74%), Carbohydrates: 57.52g (19.17%), Net Carbohydrates: 49.32g (17.94%), Sugar: 21.22g (23.57%), Cholesterol: 43.3mg (14.43%), Sodium: 1227.42mg (53.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.29g (26.59%), Vitamin C: 35.26mg (42.74%), Manganese: 0.7mg (34.76%), Fiber: 8.2g (32.79%), Calcium: 317.76mg (31.78%), Vitamin B6: 0.59mg (29.56%), Phosphorus: 279.78mg (27.98%), Folate: 107.48µg (26.87%), Potassium: 733.03mg (20.94%), Selenium: 14.49µg (20.69%), Vitamin B1: 0.29mg (19.4%), Vitamin B2: 0.3mg (17.57%), Vitamin A: 874.49IU (17.49%), Magnesium: 58.28mg (14.57%), Zinc: 1.93mg (12.85%), Copper: 0.21mg (10.69%), Iron: 1.72mg (9.53%), Vitamin B5: 0.74mg (7.39%), Vitamin B3: 1.07mg (5.34%), Vitamin B12: 0.31µg (5.19%), Vitamin E: 0.49mg (3.24%), Vitamin K: 3.12µg (2.97%), Vitamin D: 0.17µg (1.13%)