



Healthified French Onion Soup

READY IN



75 min.

SERVINGS



4

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 32 oz beef broth reduced-sodium (4 cups)
- 8 slices crusty baguette french (1/)
- 1 tablespoon canola oil
- 1 bay leaves dried
- 2 teaspoons soy sauce reduced-sodium
- 1.5 lb onion sliced (8 cups)
- 1 oz parmesan fresh shredded
- 0.3 teaspoon pepper
- 0.3 teaspoon thyme leaves dried

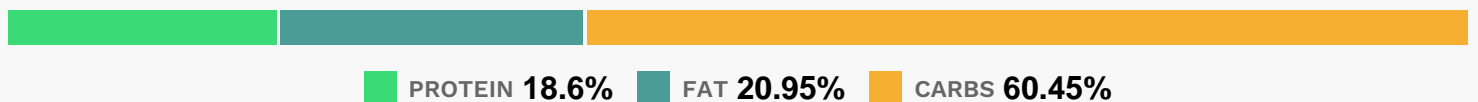
Equipment

- bowl
- baking sheet
- ladle
- oven
- dutch oven

Directions

- In 4-quart nonstick Dutch oven, heat oil over medium heat.
- Add onions; cook uncovered 10 minutes, stirring frequently. Reduce heat to medium-low. Cook 35 to 40 minutes longer, stirring frequently, until onions are light golden brown (onions will shrink during cooking).
- Stir in broth, thyme, pepper, bay leaf and soy sauce.
- Heat to boiling. Reduce heat to low; cover and simmer 15 minutes.
- Remove bay leaf.
- Meanwhile, set oven control to broil.
- Place baguette slices on ungreased cookie sheet.
- Sprinkle cheese evenly on slices. Broil with tops 4 to 6 inches from heat 30 to 60 seconds or until cheese is melted. Watch carefully so cheese does not burn.
- To serve, ladle soup into bowls.
- Serve with baguette slices.

Nutrition Facts



Properties

Glycemic Index:50.69, Glycemic Load:24.71, Inflammation Score:-8, Nutrition Score:12.960869456763%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 34.53mg, Quercetin: 34.53mg, Quercetin: 34.53mg, Quercetin: 34.53mg

Nutrients (% of daily need)

Calories: 308.64kcal (15.43%), Fat: 7.26g (11.17%), Saturated Fat: 1.84g (11.53%), Carbohydrates: 47.17g (15.72%), Net Carbohydrates: 42.86g (15.59%), Sugar: 10.28g (11.43%), Cholesterol: 4.82mg (1.61%), Sodium: 1021.69mg (44.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.51g (29.03%), Vitamin B1: 0.45mg (30.31%), Manganese: 0.55mg (27.43%), Folate: 102.52µg (25.63%), Potassium: 799.17mg (22.83%), Selenium: 13.47µg (19.25%), Calcium: 192.26mg (19.23%), Fiber: 4.31g (17.24%), Vitamin B2: 0.28mg (16.58%), Phosphorus: 163.82mg (16.38%), Vitamin B3: 3.15mg (15.77%), Vitamin C: 12.8mg (15.51%), Iron: 2.7mg (15.01%), Vitamin B6: 0.28mg (14.12%), Magnesium: 38.94mg (9.73%), Copper: 0.15mg (7.49%), Zinc: 1.01mg (6.76%), Vitamin E: 0.86mg (5.73%), Vitamin K: 5.42µg (5.16%), Vitamin B5: 0.49mg (4.94%), Vitamin B12: 0.09µg (1.42%), Vitamin A: 66.92IU (1.34%)