



Hearty French Onion Soup

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



29 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 42 oz beef broth fat-free reduced-sodium canned
- 2 Tbsp butter
- 1 cup seasoned croutons
- 1 Tbsp a.1. original sauce
- 1 cup low-moisture part-skim mozzarella cheese shredded kraft
- 3 large onions separated sliced

Equipment

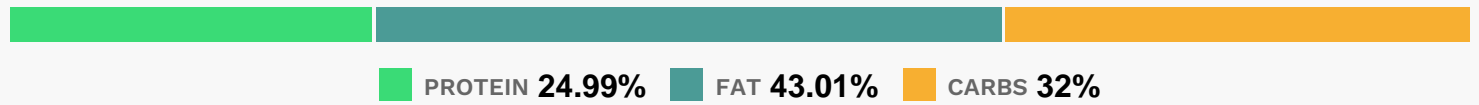
- bowl

- sauce pan
- ladle
- broiler

Directions

- Melt butter in large saucepan on medium heat.
- Add onions; cook 10 min. or until golden brown, stirring frequently.
- Add broth and A.1.; stir. Bring to boil; simmer on medium-low heat 5 min.
- Heat broiler. Ladle soup into 6 ovenproof bowls; top with croutons and cheese. Broil 2 to 3 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:3.3, Glycemic Load:0.8, Inflammation Score:-1, Nutrition Score:1.0086956422614%

Flavonoids

Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 29.35kcal (1.47%), Fat: 1.43g (2.2%), Saturated Fat: 0.55g (3.47%), Carbohydrates: 2.39g (0.8%), Net Carbohydrates: 2.08g (0.76%), Sugar: 0.79g (0.88%), Cholesterol: 2.39mg (0.8%), Sodium: 118.25mg (5.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.73%), Calcium: 33.68mg (3.37%), Potassium: 106.05mg (3.03%), Phosphorus: 23mg (2.3%), Selenium: 0.99µg (1.41%), Vitamin C: 1.11mg (1.35%), Manganese: 0.02mg (1.24%), Fiber: 0.31g (1.22%), Folate: 4.52µg (1.13%), Vitamin B2: 0.02mg (1.08%), Vitamin B6: 0.02mg (1.05%), Vitamin A: 51.64IU (1.03%)