



How to Make Easy French Onion Soup

 Popular

READY IN



115 min.

SERVINGS



6

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 3 cups beef broth
- 6 servings pepper black freshly ground to taste
- 2 cups chicken broth
- 0.3 cup cooking sherry dry
- 6 slices baguette french toasted (1/)
- 2 sprigs thyme leaves fresh
- 6 ounces gruyère cheese shredded to taste

- 1 teaspoon kosher salt
- 1 tablespoon sherry vinegar
- 0.3 cup butter unsalted
- 1 cup water
- 3 large onions yellow coarsely chopped

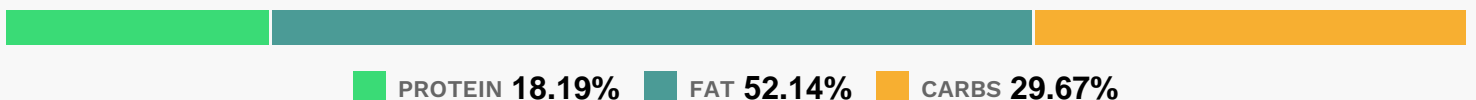
Equipment

- frying pan
- baking sheet
- ladle
- oven
- broiler

Directions

- Melt butter in a large skillet over low heat. Cook onions with salt, stirring occasionally, until the onions are soft and golden, about 40 to 45 minutes.
- Mix in thyme sprigs and bay leaf.
- Pour in sherry wine and sherry vinegar, and stir in black pepper.
- Pour in beef broth, chicken broth, and water. Stir to combine, and allow the soup to simmer gently for one hour.
- Ladle soup into heat-proof crocks.
- Place a slice of toasted baguette on top of each crock, and sprinkle 1 ounce of shredded Gruyere cheese per serving.
- Preheat oven's broiler and set the oven rack about 6 inches from the heat source.
- Place the filled crocks on a baking sheet, and broil until the cheese is golden and bubbly, about 1 minute.

Nutrition Facts



Properties

Glycemic Index:31.79, Glycemic Load:12.18, Inflammation Score:-7, Nutrition Score:10.855652093887%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg

Nutrients (% of daily need)

Calories: 320.19kcal (16.01%), Fat: 18.22g (28.02%), Saturated Fat: 10.57g (66.05%), Carbohydrates: 23.32g (7.77%), Net Carbohydrates: 21.3g (7.74%), Sugar: 5.22g (5.8%), Cholesterol: 53.09mg (17.7%), Sodium: 1531.54mg (66.59%), Alcohol: 1.03g (100%), Alcohol %: 0.33% (100%), Protein: 14.3g (28.6%), Calcium: 354.19mg (35.42%), Phosphorus: 247.2mg (24.72%), Vitamin B1: 0.26mg (17.19%), Manganese: 0.33mg (16.61%), Vitamin B2: 0.28mg (16.47%), Selenium: 11.25µg (16.08%), Folate: 54.31µg (13.58%), Vitamin B3: 2.7mg (13.5%), Vitamin A: 525.6IU (10.51%), Zinc: 1.57mg (10.5%), Vitamin B12: 0.57µg (9.49%), Iron: 1.69mg (9.37%), Vitamin B6: 0.17mg (8.26%), Fiber: 2.02g (8.09%), Magnesium: 31.63mg (7.91%), Potassium: 264.92mg (7.57%), Vitamin C: 6.1mg (7.4%), Copper: 0.1mg (5.04%), Vitamin B5: 0.42mg (4.21%), Vitamin E: 0.44mg (2.93%), Vitamin K: 2.89µg (2.75%), Vitamin D: 0.31µg (2.08%)