



Julia's Excellent French Onion Soup

READY IN



75 min.

SERVINGS



4

CALORIES



764 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound bacon
- 8 cups beef stock
- 0.5 cup wine dry white
- 4 slices bread french toasted
- 2 tablespoons thyme sprigs fresh chopped
- 1 tablespoon pepper black
- 4 slices gruyere cheese
- 2.5 pounds onion chopped
- 1 tablespoon salt

- 0.3 cup cooking sherry
- 0.5 pound onion sweet

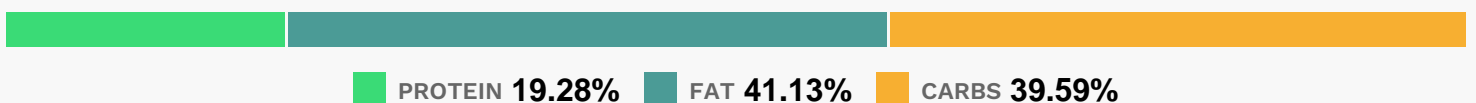
Equipment

- bowl
- frying pan
- paper towels
- ladle
- oven

Directions

- In a large skillet over medium high heat, fry the bacon for 15 minutes, or until crisp.
- Transfer bacon to paper towels but leave the grease in the skillet.
- Reduce heat to medium, add the onions and saute in the bacon grease for about 15 minutes, or until translucent and tender. Stir in the wine and the thyme and simmer for 5 more minutes.
- Add the salt and ground black pepper.
- Preheat oven to broil.
- Then pour in the beef stock, bring to a boil, reduce heat to low and simmer for about 30 minutes. Crumble the bacon, reserve 4 tablespoons and add the rest to the soup.
- Place 1 tablespoon of sherry into each of 4 individual oven-safe bowls.
- Lay a slice of bread into each bowl, then ladle the soup into each bowl. Top with the cheese and sprinkle with the remaining bacon.
- Place in the oven and broil for about 3 to 5 minutes, or until the cheese is melted and bubbly. (Note: Be careful when removing the bowls as they will be hot.)

Nutrition Facts



Properties

Glycemic Index:53.63, Glycemic Load:31.98, Inflammation Score:-10, Nutrition Score:32.459130515223%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 1.65mg, Luteolin: 1.65mg, Luteolin: 1.65mg, Luteolin: 1.65mg Isorhamnetin: 14.2mg, Isorhamnetin: 14.2mg, Isorhamnetin: 14.2mg, Isorhamnetin: 14.2mg Kaempferol: 2.49mg, Kaempferol: 2.49mg, Kaempferol: 2.49mg, Kaempferol: 2.49mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 65.8mg, Quercetin: 65.8mg, Quercetin: 65.8mg, Quercetin: 65.8mg

Nutrients (% of daily need)

Calories: 764.3kcal (38.21%), Fat: 33.97g (52.25%), Saturated Fat: 13.49g (84.33%), Carbohydrates: 73.55g (24.52%), Net Carbohydrates: 65.94g (23.98%), Sugar: 20.96g (23.29%), Cholesterol: 68.22mg (22.74%), Sodium: 3673.8mg (159.73%), Alcohol: 4.64g (100%), Alcohol %: 0.57% (100%), Protein: 35.82g (71.64%), Vitamin B1: 0.95mg (63.02%), Selenium: 41.34µg (59.06%), Phosphorus: 578.75mg (57.87%), Vitamin B2: 0.95mg (55.76%), Manganese: 1.06mg (53.19%), Vitamin B3: 10.11mg (50.57%), Vitamin B6: 0.96mg (47.95%), Potassium: 1652.76mg (47.22%), Calcium: 459.81mg (45.98%), Folate: 160.3µg (40.08%), Vitamin C: 29.3mg (35.52%), Iron: 5.71mg (31.74%), Fiber: 7.61g (30.43%), Magnesium: 117.13mg (29.28%), Copper: 0.55mg (27.74%), Zinc: 3.94mg (26.25%), Vitamin B12: 0.73µg (12.19%), Vitamin B5: 1.15mg (11.46%), Vitamin A: 467.15IU (9.34%), Vitamin K: 5.62µg (5.36%), Vitamin E: 0.59mg (3.92%), Vitamin D: 0.39µg (2.63%)