



Light French Onion Soup

READY IN



65 min.

SERVINGS



4

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup cooking sherry dry
- ☐ 1 tablespoon flour
- ☐ 0.8 inch baguette french
- ☐ 4 ounces gruyère cheese sliced
- ☐ 0.3 teaspoon kosher salt
- ☐ 6 cups chicken stock see reduced-sodium
- ☐ 2 teaspoons soya sauce reduced-sodium
- ☐ 1 tablespoon olive oil

- ☐ 3 large onions spanish thinly sliced
- ☐ 1 teaspoon sugar
- ☐ 1 tablespoon butter unsalted

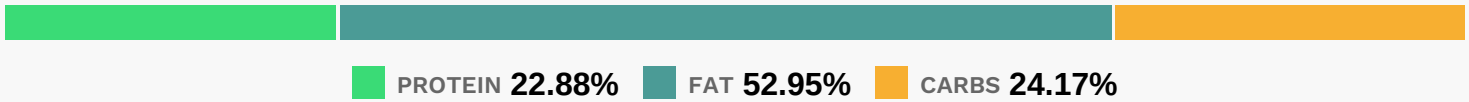
Equipment

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

Directions

- ☐ Preheat oven to 40
- ☐ Heat butter and olive oil in a heavy skillet over medium-high heat.
- ☐ Add onions and salt. Cover; cook 5 minutes. Uncover; add sugar. Cook, stirring frequently, 25 minutes or until onions are golden.
- ☐ Add flour, and reduce heat to medium-low; cook 12 minutes.
- ☐ Add sherry, scraping pan to loosen browned bits. Cook 12 minutes or until slightly reduced.
- ☐ Transfer to a saucepan.
- ☐ Add stock and pepper. Boil; reduce heat to low, and simmer, covered, 10 minutes.
- ☐ Add soy sauce.
- ☐ Place bread slices on a baking sheet; bake 7 minutes per side or until golden.
- ☐ Heat broiler. Ladle soup into ovenproof bowls. Top with 12 bread slices and 2 slices Gruyre. Broil 12 minutes or until cheese is bubbly.

Nutrition Facts



Properties

Glycemic Index:72.71, Glycemic Load:4.3, Inflammation Score:-6, Nutrition Score:10.969999987146%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 5.64mg, Isorhamnetin: 5.64mg, Isorhamnetin: 5.64mg, Isorhamnetin: 5.64mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 22.85mg, Quercetin: 22.85mg, Quercetin: 22.85mg, Quercetin: 22.85mg

Nutrients (% of daily need)

Calories: 304.81kcal (15.24%), Fat: 17.78g (27.35%), Saturated Fat: 8.33g (52.05%), Carbohydrates: 18.26g (6.09%), Net Carbohydrates: 16.23g (5.9%), Sugar: 6.57g (7.29%), Cholesterol: 38.71mg (12.9%), Sodium: 552.93mg (24.04%), Alcohol: 2.06g (100%), Alcohol %: 0.49% (100%), Protein: 17.29g (34.58%), Calcium: 331.23mg (33.12%), Phosphorus: 321.6mg (32.16%), Vitamin B3: 5.2mg (25.98%), Potassium: 519.84mg (14.85%), Vitamin B2: 0.24mg (13.95%), Vitamin B12: 0.81µg (13.56%), Copper: 0.24mg (12.06%), Zinc: 1.72mg (11.44%), Manganese: 0.22mg (10.77%), Vitamin B6: 0.21mg (10.46%), Vitamin C: 8.32mg (10.09%), Fiber: 2.02g (8.09%), Selenium: 5.47µg (7.82%), Folate: 29.58µg (7.39%), Magnesium: 29.54mg (7.39%), Vitamin A: 359.15IU (7.18%), Iron: 1.25mg (6.96%), Vitamin B1: 0.09mg (5.9%), Vitamin E: 0.7mg (4.67%), Vitamin K: 3.87µg (3.69%), Vitamin B5: 0.33mg (3.3%), Vitamin D: 0.22µg (1.48%)