



Oh So Good French Onion Soup

READY IN



35 min.

SERVINGS



4

CALORIES



661 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 cups beef stock
- 2 tablespoons butter
- 4 slices top thick toasted
- 0.5 cup cooking sherry dry
- 1 bay leaf fresh
- 1 tablespoon olive oil extra-virgin
- 6 medium onions thinly sliced
- 2 teaspoons poultry seasoning fresh chopped
- 4 servings salt and pepper black freshly ground

2.5 cups swiss cheese shredded

Equipment

bowl

frying pan

baking sheet

ladle

pot

broiler

stove

Directions

Heat a deep pot over medium to medium high heat. Work next to the stove to slice onions.

Add oil and butter to the pot.

Add onions to the pot as you slice them. When all the onions are in the pot, season with salt and pepper and 1 teaspoon fresh thyme. Cook onions 15 to 18 minutes, stirring frequently, until tender, sweet and caramel colored.

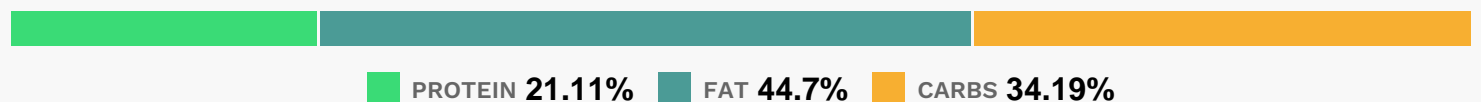
Add bay leaf and sherry to the pot and deglaze the pan drippings.

Add 6 cups stock and cover pot to bring soup up to a quick boil.

Arrange 4 small, deep soup bowls or crocks on a cookie sheet. Preheat broiler to high. Once soup reaches a boil, ladle it into bowls. Float toasted crusty bread on soup and cover each bowl with a mound of cheese.

Sprinkle remaining fresh thyme on cheese and place cookie sheet with soup bowls on it under hot broiler until cheese melts and bubbles.

Nutrition Facts



Properties

Glycemic Index:57.88, Glycemic Load:29.4, Inflammation Score:-9, Nutrition Score:28.400000074635%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 8.27mg, Isorhamnetin: 8.27mg, Isorhamnetin: 8.27mg, Isorhamnetin: 8.27mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 33.51mg, Quercetin: 33.51mg, Quercetin: 33.51mg, Quercetin: 33.51mg

Nutrients (% of daily need)

Calories: 661.28kcal (33.06%), Fat: 32.22g (49.57%), Saturated Fat: 16.93g (105.84%), Carbohydrates: 55.44g (18.48%), Net Carbohydrates: 51.08g (18.58%), Sugar: 12.22g (13.58%), Cholesterol: 77.82mg (25.94%), Sodium: 1276.43mg (55.5%), Alcohol: 3.09g (100%), Alcohol %: 0.56% (100%), Protein: 34.23g (68.47%), Calcium: 715.81mg (71.58%), Selenium: 43.94µg (62.78%), Phosphorus: 623.08mg (62.31%), Vitamin B2: 0.86mg (50.53%), Vitamin B1: 0.66mg (44.08%), Vitamin B12: 2.05µg (34.17%), Manganese: 0.67mg (33.5%), Vitamin B3: 6.52mg (32.61%), Folate: 125.3µg (31.32%), Zinc: 4.58mg (30.56%), Potassium: 1061.02mg (30.31%), Vitamin B6: 0.54mg (27.04%), Iron: 4.38mg (24.36%), Magnesium: 90.04mg (22.51%), Copper: 0.38mg (19.22%), Fiber: 4.36g (17.43%), Vitamin A: 766.89IU (15.34%), Vitamin C: 12.34mg (14.96%), Vitamin K: 13.35µg (12.71%), Vitamin E: 1.29mg (8.59%), Vitamin B5: 0.73mg (7.29%)