



Old-Fashioned Onion Soup

 Vegetarian

READY IN



255 min.

SERVINGS



8

CALORIES



330 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup butter melted
- 4.5 cups chicken broth
- 7 slices bread french italian-style
- 3 pounds onion sliced

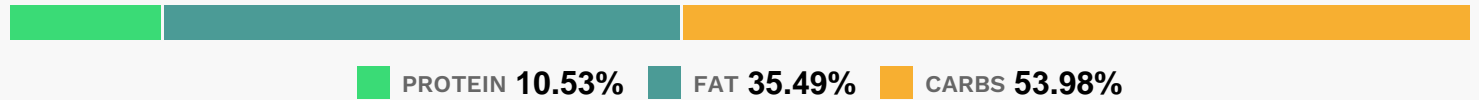
Equipment

- slow cooker

Directions

- Place sliced onions and butter into slow cooker, and mix until onions are thoroughly coated. Stir in bread and chicken broth.
- Cover, and cook on LOW for 10 to 18 hours or on HIGH 4 to 5 hours, stirring occasionally. Stir well during last hour.

Nutrition Facts



Properties

Glycemic Index:19.69, Glycemic Load:25.92, Inflammation Score:-8, Nutrition Score:12.223478216192%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 34.53mg, Quercetin: 34.53mg, Quercetin: 34.53mg, Quercetin: 34.53mg

Nutrients (% of daily need)

Calories: 330.01kcal (16.5%), Fat: 13.31g (20.48%), Saturated Fat: 7.68g (47.98%), Carbohydrates: 45.54g (15.18%), Net Carbohydrates: 41.42g (15.06%), Sugar: 10.38g (11.53%), Cholesterol: 33.15mg (11.05%), Sodium: 925.57mg (40.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.89g (17.77%), Vitamin B1: 0.5mg (33.62%), Manganese: 0.57mg (28.68%), Folate: 101.62µg (25.41%), Selenium: 17.54µg (25.05%), Vitamin B2: 0.37mg (21.64%), Fiber: 4.12g (16.49%), Vitamin B3: 3.19mg (15.96%), Vitamin C: 12.59mg (15.26%), Iron: 2.64mg (14.68%), Vitamin B6: 0.26mg (13.22%), Phosphorus: 116.82mg (11.68%), Potassium: 341.06mg (9.74%), Magnesium: 36.54mg (9.13%), Copper: 0.17mg (8.56%), Calcium: 76.93mg (7.69%), Vitamin A: 360.59IU (7.21%), Zinc: 0.98mg (6.51%), Vitamin B5: 0.42mg (4.24%), Vitamin E: 0.53mg (3.56%), Vitamin K: 2.07µg (1.97%)