



Onion Soup Gratiné

READY IN



110 min.

SERVINGS



8

CALORIES



532 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 baguette
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 pound gruyère cheese shredded
- ☐ 8 cups beef broth low-sodium
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 4 thyme sprigs
- ☐ 7 tablespoons butter unsalted divided

- ☐ 1 cup white wine
- ☐ 3 pounds onions yellow thinly sliced

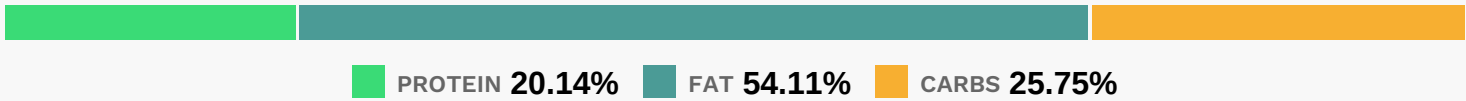
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Melt 4 Tbsp. unsalted butter and 1 Tbsp. olive oil in a large pot.
- ☐ Add 3 lb. thinly sliced yellow onions and 4 thyme sprigs; cook, covered, on medium-low heat for 20 minutes, stirring often.
- ☐ Uncover, add 1 tsp. sugar and 1/2 tsp. salt. Cook, stirring often, until onions are deep brown and caramelized, 30 to 40 minutes.
- ☐ Add 1 Tbsp. all-purpose flour; cook for 2 minutes more, stirring.
- ☐ Add 1 cup white wine and 8 cups low-sodium beef broth; stir up browned bits on bottom of pot. Lower heat and simmer for 30 minutes; stir occasionally. Season with pepper.
- ☐ Preheat oven to 425F.
- ☐ Cut 1 baguette into 8 thick slices.
- ☐ Spread both sides with 3 Tbsp. unsalted butter; place on a baking sheet. Toast until golden on both sides, 5 to 8 minutes, turning over once.
- ☐ Fill 8 bowls with soup.
- ☐ Place a slice of toast on top of each bowl. Divide 1 lb. shredded Gruyere on top. Set bowls on baking sheets; bake until cheese is bubbly, 5 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:37.98, Glycemic Load:14.83, Inflammation Score:-9, Nutrition Score:16.885217345279%

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: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg 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: 34.54mg, Quercetin: 34.54mg, Quercetin: 34.54mg, Quercetin: 34.54mg

Nutrients (% of daily need)

Calories: 531.89kcal (26.59%), Fat: 31.04g (47.76%), Saturated Fat: 17.5g (109.35%), Carbohydrates: 33.25g (11.08%), Net Carbohydrates: 29.6g (10.76%), Sugar: 9.68g (10.75%), Cholesterol: 88.71mg (29.57%), Sodium: 1193.05mg (51.87%), Alcohol: 3.09g (100%), Alcohol %: 0.72% (100%), Protein: 25.99g (51.98%), Calcium: 652.51mg (65.25%), Phosphorus: 431.93mg (43.19%), Potassium: 841.36mg (24.04%), Selenium: 14.92µg (21.32%), Manganese: 0.43mg (21.25%), Vitamin B1: 0.3mg (20.26%), Vitamin B2: 0.32mg (18.83%), Zinc: 2.81mg (18.74%), Folate: 74.03µg (18.51%), Vitamin A: 870.79IU (17.42%), Vitamin C: 13.39mg (16.23%), Vitamin B12: 0.93µg (15.47%), Vitamin B6: 0.3mg (15%), Fiber: 3.64g (14.57%), Magnesium: 49.8mg (12.45%), Iron: 1.76mg (9.76%), Vitamin B3: 1.78mg (8.89%), Vitamin B5: 0.68mg (6.79%), Copper: 0.13mg (6.49%), Vitamin E: 0.82mg (5.47%), Vitamin K: 5.18µg (4.94%), Vitamin D: 0.52µg (3.49%)