



## Onion Soup Mix

 **Gluten Free**  **Dairy Free**

READY IN



**5 min.**

SERVINGS



**4**

CALORIES



**13 kcal**

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 4 cubes beef bouillon from cube crumbled
- 2.5 tablespoons dehydrated onion dried minced
- 0.1 teaspoon pepper black
- 1 teaspoon onion powder
- 0.1 teaspoon salt

## Equipment

## Directions

Combine onion, beef bouillon, onion powder, salt, and pepper. Store in an airtight container.

## Nutrition Facts

**PROTEIN 10.99%** **FAT 1.96%** **CARBS 87.05%**

## Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.91869564986099%

## Nutrients (% of daily need)

Calories: 13.05kcal (0.65%), Fat: 0.03g (0.05%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 3.04g (1.01%), Net Carbohydrates: 2.66g (0.97%), Sugar: 1.2g (1.34%), Cholesterol: 0mg (0%), Sodium: 88.58mg (3.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.77%), Vitamin C: 2.46mg (2.98%), Manganese: 0.06mg (2.92%), Vitamin B6: 0.05mg (2.71%), Potassium: 58.62mg (1.67%), Fiber: 0.38g (1.52%), Folate: 5.6µg (1.4%), Vitamin B1: 0.02mg (1.2%), Phosphorus: 11.7mg (1.17%), Calcium: 10.51mg (1.05%)