



 4%
HEALTH SCORE

Onion Soup with Apple Cider

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



302 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2.5 cups apple cider
- 6 servings thyme sprigs fresh chopped
- 3 cups chicken broth
- 3 tablespoons olive oil
- 3.5 pounds onion halved thinly sliced
- 12 large thyme sprigs
- 4 tablespoons butter unsalted

Equipment

bowl

pot

Directions

Melt butter with oil in large pot over medium-high heat.

Add onions; sauté until soft and dark brown, about 20 minutes.

Add chicken broth, cider, and thyme sprigs. Bring to boil. Reduce heat; season with salt and pepper. Simmer soup, uncovered, 25 minutes. Discard thyme sprigs. (Soup can be made 1 day ahead. Cool slightly. Chill uncovered until cold, then cover and keep refrigerated. Rewarm over low heat before continuing.) Divide among 6 soup bowls, garnish with chopped thyme, and serve.

Nutrition Facts



PROTEIN 7.11% **FAT 44.79%** **CARBS 48.1%**

Properties

Glycemic Index:26.29, Glycemic Load:10.05, Inflammation Score:-10, Nutrition Score:10.209565097871%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epicatechin: 4.63mg, Epicatechin: 4.63mg, Epicatechin: 4.63mg, Epicatechin: 4.63mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Isorhamnetin: 13.26mg, Isorhamnetin: 13.26mg, Isorhamnetin: 13.26mg, Isorhamnetin: 13.26mg Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 54.28mg, Quercetin: 54.28mg, Quercetin: 54.28mg, Quercetin: 54.28mg

Nutrients (% of daily need)

Calories: 301.78kcal (15.09%), Fat: 15.72g (24.19%), Saturated Fat: 6.12g (38.24%), Carbohydrates: 37.98g (12.66%), Net Carbohydrates: 32.87g (11.95%), Sugar: 20.84g (23.15%), Cholesterol: 20.07mg (6.69%), Sodium: 51.35mg (2.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.61g (11.23%), Vitamin C: 25.27mg (30.63%), Manganese: 0.47mg (23.3%), Fiber: 5.11g (20.46%), Vitamin B6: 0.36mg (17.89%), Potassium: 607.69mg (17.36%), Folate: 51.9µg (12.98%), Phosphorus: 124.44mg (12.44%), Vitamin B3: 2.05mg (10.27%), Copper: 0.19mg (9.67%), Vitamin B1: 0.14mg (9.62%), Magnesium: 37.54mg (9.39%), Calcium: 87.9mg (8.79%), Vitamin E: 1.29mg (8.58%), Vitamin B2: 0.14mg (8.29%), Iron: 1.49mg (8.26%), Vitamin A: 382.05IU (7.64%), Vitamin K: 5.93µg (5.64%), Zinc: 0.65mg (4.33%), Vitamin B5: 0.4mg (3.96%), Vitamin B12: 0.13µg (2.23%), Selenium: 1.51µg (2.16%)