



Onion Soup with Cheese Crostini

READY IN



45 min.

SERVINGS



2

CALORIES



181 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 inch diagonally bread baguette french toasted cut
- ☐ 1 teaspoon butter
- ☐ 0.1 teaspoon thyme leaves dried
- ☐ 0.3 cup cooking wine dry red
- ☐ 1.5 cups less-sodium chicken broth fat-free
- ☐ 2 tablespoons gruyère cheese grated
- ☐ 2 cups onion thinly sliced (2 medium)
- ☐ 0.3 teaspoon sugar

☐ 1.5 cups water

Equipment

☐ bowl

☐ frying pan

☐ baking sheet

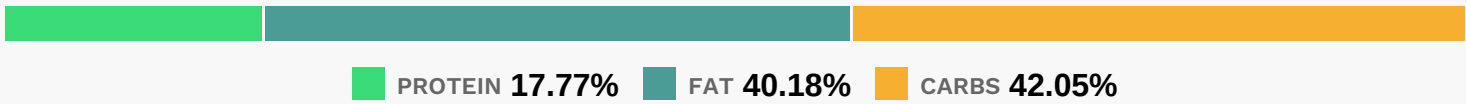
☐ sauce pan

☐ broiler

Directions

- ☐ To prepare soup, melt butter in a medium saucepan over medium heat.
- ☐ Add onion, sugar, and pepper to pan. Cook 15 minutes or until golden brown, stirring occasionally. Stir in wine; cook 2 minutes or until wine almost evaporates.
- ☐ Add broth, 1 1/2 cups water, and thyme; bring to a boil. Cook until reduced to 2 1/2 cups (about 15 minutes).
- ☐ Place 1 1/4 cups soup into each of 2 ovenproof soup bowls.
- ☐ Place bowls on a baking sheet.
- ☐ Preheat broiler.
- ☐ Top each serving with 1 slice baguette.
- ☐ Sprinkle 1 tablespoon cheese over each serving. Broil for 3 minutes or until cheese melts.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:118.88, Glycemic Load:3.99, Inflammation Score:-7, Nutrition Score:7.8260868839596%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin:

0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg 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: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 32.65mg, Quercetin: 32.65mg, Quercetin: 32.65mg, Quercetin: 32.65mg

Nutrients (% of daily need)

Calories: 180.6kcal (9.03%), Fat: 7.32g (11.26%), Saturated Fat: 4.16g (26%), Carbohydrates: 17.24g (5.75%), Net Carbohydrates: 14.41g (5.24%), Sugar: 7.67g (8.52%), Cholesterol: 21.64mg (7.21%), Sodium: 839.32mg (36.49%), Alcohol: 3.15g (100%), Alcohol %: 0.72% (100%), Protein: 7.28g (14.57%), Calcium: 202.21mg (20.22%), Phosphorus: 157.15mg (15.71%), Vitamin C: 11.87mg (14.39%), Manganese: 0.26mg (13.18%), Vitamin B6: 0.23mg (11.5%), Fiber: 2.83g (11.3%), Selenium: 7.09µg (10.13%), Vitamin B12: 0.58µg (9.69%), Folate: 34.93µg (8.73%), Potassium: 301.22mg (8.61%), Vitamin B2: 0.12mg (7.34%), Vitamin B1: 0.1mg (6.68%), Copper: 0.13mg (6.6%), Magnesium: 25.72mg (6.43%), Vitamin B3: 1.23mg (6.14%), Zinc: 0.92mg (6.14%), Vitamin B5: 0.5mg (4.99%), Vitamin A: 208.94IU (4.18%), Iron: 0.74mg (4.09%), Vitamin K: 2.55µg (2.43%)