



Onion Soup with Fontina and Thyme

READY IN



39 min.

SERVINGS



4

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups beef broth
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 slices ciabatta bread cubed
- ☐ 4 ounces fontina sliced
- ☐ 1 teaspoon thyme leaves fresh
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 tablespoons olive oil
- ☐ 2 large vidalia onions sliced

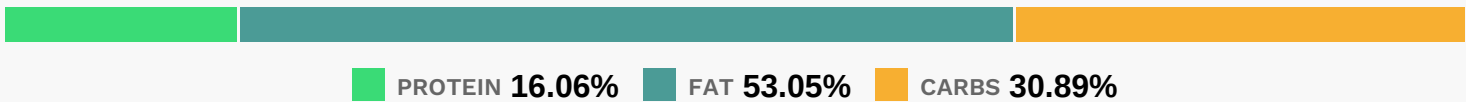
Equipment

- ☐ sauce pan
- ☐ ramekin
- ☐ broiler

Directions

- ☐ Watch how to make this recipe.
- ☐ In a medium, heavy saucepan, heat the olive oil over medium heat.
- ☐ Add the onions, salt, and pepper. Cook, stirring occasionally, until the onions are tender, about 10 minutes.
- ☐ Add the thyme and broth. Simmer, uncovered, until the onions are soft, about 15 minutes.
- ☐ Divide the soup between the 4 ovenproof ramekins. Divide the cubed bread among the ramekins. Top each with slices of fontina cheese.
- ☐ Place under the broiler, until the cheese is golden and bubbly, about 4 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.17, Inflammation Score:-8, Nutrition Score:8.6817390970562%

Flavonoids

Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 24.03mg, Quercetin: 24.03mg, Quercetin: 24.03mg, Quercetin: 24.03mg

Nutrients (% of daily need)

Calories: 338.11kcal (16.91%), Fat: 20.19g (31.06%), Saturated Fat: 7.27g (45.46%), Carbohydrates: 26.44g (8.81%), Net Carbohydrates: 24.51g (8.91%), Sugar: 8.75g (9.72%), Cholesterol: 32.89mg (10.96%), Sodium: 1561.03mg

(67.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.75g (27.5%), Calcium: 206.84mg (20.68%), Phosphorus: 174.9mg (17.49%), Vitamin B6: 0.27mg (13.26%), Folate: 44.83µg (11.21%), Vitamin E: 1.62mg (10.83%), Vitamin B12: 0.64µg (10.74%), Vitamin B3: 2.15mg (10.73%), Vitamin C: 8.74mg (10.6%), Potassium: 351.22mg (10.03%), Manganese: 0.19mg (9.75%), Selenium: 6.63µg (9.47%), Vitamin B2: 0.14mg (8.48%), Zinc: 1.22mg (8.13%), Fiber: 1.93g (7.72%), Vitamin K: 7.96µg (7.58%), Magnesium: 24.9mg (6.22%), Iron: 1.08mg (5.98%), Vitamin A: 285.61IU (5.71%), Copper: 0.11mg (5.3%), Vitamin B1: 0.08mg (5.27%), Vitamin B5: 0.34mg (3.37%), Vitamin D: 0.17µg (1.13%)