



Outback Onion Soup

READY IN



120 min.

SERVINGS



4

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 cubes beef bouillon from cube crumbled
- 1.5 cups monterrey jack cheese shredded
- 0.8 cup flour all-purpose
- 1 teaspoon pepper black
- 1 cup cup heavy whipping cream
- 2 large onion sliced quartered
- 1 teaspoon salt
- 0.5 cup water cold

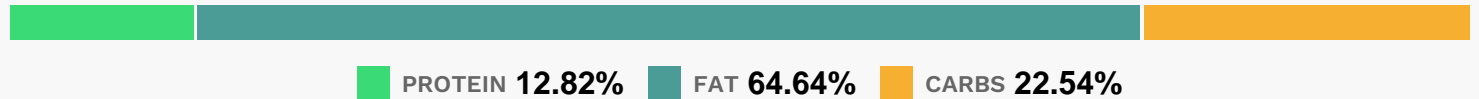
Equipment

- whisk
- pot

Directions

- In a large, heavy pot over medium heat, bring 2 quarts water to a boil. Stir in bouillon cubes and let boil 10 minutes, until dissolved.
- Place onions in boiling water, reduce heat and simmer 30 minutes.
- Stir in salt and pepper and simmer 30 minutes more.
- Stir the flour into 1/2 cup cold water to make a paste. Gently whisk this mixture into the simmering soup, being careful not to break the onions. Simmer 30 minutes more.
- Stir in cream and cheese until cheese is melted and mixture is thoroughly heated. Thin with water if necessary.
- Serve hot, garnished with croutons, if desired.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:14.63, Inflammation Score:-8, Nutrition Score:12.416086932887%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg

Nutrients (% of daily need)

Calories: 477.49kcal (23.87%), Fat: 34.66g (53.32%), Saturated Fat: 21.86g (136.64%), Carbohydrates: 27.19g (9.06%), Net Carbohydrates: 25.16g (9.15%), Sugar: 5.2g (5.77%), Cholesterol: 104.95mg (34.98%), Sodium: 886.49mg (38.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.46g (30.92%), Calcium: 380.1mg (38.01%), Phosphorus: 271.55mg (27.15%), Vitamin B2: 0.42mg (24.45%), Vitamin A: 1204.75IU (24.09%), Selenium:

16.33µg (23.33%), Folate: 67.39µg (16.85%), Manganese: 0.33mg (16.4%), Vitamin B1: 0.24mg (15.83%), Zinc: 1.72mg (11.44%), Iron: 1.68mg (9.31%), Fiber: 2.03g (8.14%), Vitamin B3: 1.62mg (8.08%), Vitamin D: 1.21µg (8.04%), Vitamin B6: 0.16mg (7.84%), Vitamin B12: 0.45µg (7.54%), Magnesium: 29.59mg (7.4%), Vitamin C: 5.91mg (7.16%), Potassium: 236.51mg (6.76%), Copper: 0.09mg (4.75%), Vitamin E: 0.69mg (4.61%), Vitamin B5: 0.44mg (4.44%), Vitamin K: 4.15µg (3.95%)