



Parmesan-Onion Soup

READY IN



45 min.

SERVINGS



4

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 1 tablespoon flour all-purpose
- ☐ 4 slices bread french toasted
- ☐ 4 cups onions thinly sliced
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 4 servings salt and pepper to taste
- ☐ 0.5 teaspoon sugar
- ☐ 4 cups water

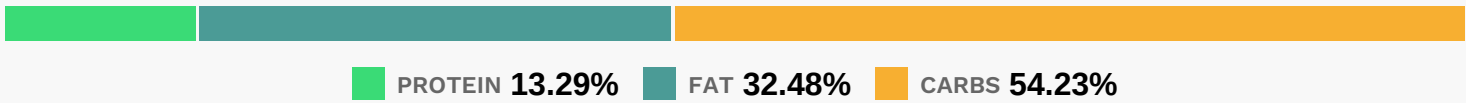
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven

Directions

- ☐ In a large saucepan, combine butter, onions and sugar; saut 20 to 25 minutes or until onions are golden. Stir in flour; continue to cook for 3 to 5 minutes.
- ☐ Add water and simmer, partially covered, for 30 minutes.
- ☐ Add salt and pepper, blending well.
- ☐ Fill 4 oven-proof bowls with soup; top each with a bread slice and sprinkle generously with Parmesan cheese.
- ☐ Bake at 400 until cheese melts.

Nutrition Facts



Properties

Glycemic Index:75.65, Glycemic Load:30.29, Inflammation Score:-8, Nutrition Score:14.281304200058%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg 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: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 32.48mg, Quercetin: 32.48mg, Quercetin: 32.48mg, Quercetin: 32.48mg

Nutrients (% of daily need)

Calories: 374.74kcal (18.74%), Fat: 13.74g (21.15%), Saturated Fat: 7.74g (48.39%), Carbohydrates: 51.65g (17.22%), Net Carbohydrates: 47.47g (17.26%), Sugar: 10.26g (11.4%), Cholesterol: 33.45mg (11.15%), Sodium: 883.61mg (38.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.65g (25.31%), Vitamin B1: 0.55mg (36.44%), Selenium: 24.22µg (34.6%), Folate: 113.62µg (28.4%), Manganese: 0.57mg (28.28%), Vitamin B2: 0.37mg (21.91%), Phosphorus: 197.4mg (19.74%), Calcium: 190.6mg (19.06%), Vitamin B3: 3.4mg (16.98%), Fiber: 4.18g (16.71%), Iron:

2.99mg (16.59%), Vitamin C: 11.84mg (14.35%), Vitamin B6: 0.27mg (13.59%), Magnesium: 43.85mg (10.96%),
Copper: 0.21mg (10.27%), Zinc: 1.53mg (10.17%), Potassium: 336.06mg (9.6%), Vitamin A: 373.72IU (7.47%), Vitamin
B5: 0.47mg (4.71%), Vitamin E: 0.47mg (3.17%), Vitamin B12: 0.19µg (3.11%), Vitamin K: 2.04µg (1.94%)