



## Quick Onion Soup Gratinée

READY IN



15 min.

SERVINGS



2

CALORIES



1070 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 18.5 oz onion soup mix french canned
- 2 oz gruyere cheese shredded
- 1 tablespoon parmesan cheese grated
- 2 slices bread french toasted ()

### Equipment

- bowl
- baking sheet
- sauce pan

ladle

oven

## Directions

In small saucepan, heat soup over medium-high heat until hot, stirring occasionally.

Meanwhile, in small bowl, combine cheeses; mix well.

Set oven control to broil. To serve, place 2 ovenproof bowls on cookie sheet for easier handling. Ladle soup into bowls. Top each with slice of toasted bread.

Sprinkle each with about 1/4 cup cheese mixture.

Broil 3 to 5 inches from heat for 1 to 3 minutes or until cheese is bubbly.

## Nutrition Facts



## Properties

Glycemic Index:40.25, Glycemic Load:25.61, Inflammation Score:-8, Nutrition Score:40.920000221418%

## Nutrients (% of daily need)

Calories: 1070.03kcal (53.5%), Fat: 12.3g (18.92%), Saturated Fat: 6.32g (39.48%), Carbohydrates: 204.26g (68.09%), Net Carbohydrates: 185.55g (67.47%), Sugar: 15.25g (16.95%), Cholesterol: 33.36mg (11.12%), Sodium: 21691.38mg (943.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.72g (71.43%), Manganese: 2.09mg (104.31%), Vitamin B6: 1.62mg (80.98%), Phosphorus: 807.88mg (80.79%), Vitamin B1: 1.2mg (80.25%), Fiber: 18.72g (74.86%), Calcium: 716.7mg (71.67%), Vitamin B2: 1.08mg (63.5%), Potassium: 1993.14mg (56.95%), Selenium: 36.4µg (52%), Copper: 1.03mg (51.65%), Magnesium: 188.9mg (47.23%), Vitamin B3: 6.98mg (34.88%), Iron: 5.84mg (32.44%), Zinc: 4.82mg (32.11%), Vitamin B5: 2.62mg (26.21%), Folate: 81.71µg (20.43%), Vitamin C: 8.92mg (10.81%), Vitamin B12: 0.49µg (8.12%), Vitamin A: 329.71IU (6.59%), Vitamin K: 4.93µg (4.69%), Vitamin E: 0.57mg (3.78%), Vitamin D: 0.18µg (1.22%)