

Red Onion Soup

READY IN



45 min.

SERVINGS



6

CALORIES



224 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 ounces asiago cheese grated
- 2 bay leaves
- 0.3 teaspoon pepper black freshly ground
- 3 inch diagonally bread baguette french cut
- 2 teaspoons butter
- 1 cup tomatoes diced canned drained
- 0.1 teaspoon thyme leaves dried
- 1 cup cooking wine dry red
- 1 teaspoon rosemary fresh minced

- 3 ounces gruyère cheese shredded
- 1 tablespoon soya sauce low-sodium
- 4 parsley sprigs
- 2.5 pounds onions red thinly sliced quartered
- 1 teaspoon sea salt
- 2 tablespoons tomato paste
- 1 quart water

Equipment

- bowl
- baking sheet
- ladle
- broiler
- dutch oven

Directions

- Melt the butter in a large Dutch oven coated with cooking spray over medium heat.
- Add the onions, salt, and pepper; cover and cook over low heat 30 minutes or until onions are browned, stirring occasionally.
- Increase heat to medium-high; stir in wine and tomato paste. Cook until wine almost evaporates (about 5 minutes).
- Add water, tomatoes, rosemary, thyme, parsley, and bay leaves; bring to a boil. Cover, reduce heat, and simmer 20 minutes. Stir in soy sauce; discard parsley and bay leaves.
- Preheat broiler.
- Ladle 1 1/3 cups soup into 6 ovenproof bowls.
- Place bowls on a baking sheet. Top each serving with 1 bread slice, and sprinkle each bread slice with 2 tablespoons Gruyre and about 1 tablespoon Asiago. Broil 3 minutes or until cheese melts.

Nutrition Facts



PROTEIN 19.45% FAT 36.09% CARBS 44.46%

Properties

Glycemic Index:45.28, Glycemic Load:4.66, Inflammation Score:-8, Nutrition Score:10.653478075629%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 9.48mg, Isorhamnetin: 9.48mg, Isorhamnetin: 9.48mg, Isorhamnetin: 9.48mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 38.8mg, Quercetin: 38.8mg, Quercetin: 38.8mg, Quercetin: 38.8mg

Nutrients (% of daily need)

Calories: 223.88kcal (11.19%), Fat: 8.11g (12.47%), Saturated Fat: 4.8g (30.03%), Carbohydrates: 22.47g (7.49%), Net Carbohydrates: 18.51g (6.73%), Sugar: 9.82g (10.91%), Cholesterol: 24mg (8%), Sodium: 830.24mg (36.1%), Alcohol: 4.2g (100%), Alcohol %: 1.16% (100%), Protein: 9.83g (19.66%), Calcium: 294.64mg (29.46%), Vitamin C: 19.79mg (23.99%), Phosphorus: 208.85mg (20.89%), Manganese: 0.34mg (16.91%), Fiber: 3.96g (15.85%), Vitamin B6: 0.31mg (15.4%), Vitamin K: 14.63µg (13.94%), Potassium: 440.13mg (12.58%), Folate: 45.13µg (11.28%), Magnesium: 38.32mg (9.58%), Vitamin B2: 0.16mg (9.15%), Vitamin A: 423.27IU (8.47%), Vitamin B1: 0.13mg (8.44%), Zinc: 1.22mg (8.15%), Copper: 0.16mg (7.94%), Selenium: 5.32µg (7.6%), Iron: 1.2mg (6.68%), Vitamin B12: 0.31µg (5.24%), Vitamin E: 0.65mg (4.36%), Vitamin B5: 0.42mg (4.24%), Vitamin B3: 0.82mg (4.08%)