



## Restaurant-Style French Onion Soup

READY IN



95 min.

SERVINGS



6

CALORIES



505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 quarts beef broth
- 0.5 cup butter
- 1 teaspoon thyme leaves dried
- 2 tablespoons flour all-purpose
- 1 baguette french cut into 1/ slices
- 2 cloves garlic crushed
- 0.5 teaspoon ground pepper black to taste
- 8 onions sliced
- 6 slices provolone cheese

- 1 cup red wine
- 0.5 teaspoon salt to taste
- 1 tablespoon cooking sherry
- 6 slices swiss cheese

## Equipment

- bowl
- baking sheet
- ladle
- oven
- pot
- broiler

## Directions

- Melt butter in a large soup pot over medium heat. Cook and stir onions, garlic, salt, black pepper, and thyme until onions are soft and brown, about 30 minutes.
- Pour in red wine and sherry; bring to a boil. Reduce heat to low and simmer until you can no longer smell alcohol cooking off, about 15 more minutes.
- Sprinkle onion mixture with flour and stir until coated; cook for 10 minutes.
- Pour in broth, stir to blend in flour, and simmer until slightly thickened, about 20 minutes.
- Preheat oven to 350 degrees F (175 degrees C) while soup is simmering. Arrange bread slices on a baking sheet and drizzle with olive oil.
- Toast the baguette slices in the preheated oven until golden brown, 12 to 14 minutes, turning the bread over halfway through cooking.
- Remove toast and set aside.
- Set an oven rack about 8 inches from the heat source and turn on the oven's broiler.
- Ladle soup into 6 oven-proof crocks, filling them about 3/4 full.
- Place 1 or 2 bread slices into the bowls and top each with a slice of Swiss cheese and a slice of provolone. Carefully place filled crocks onto a sturdy baking sheet.
- Broil soup until the cheese is browned and bubbling, 3 to 4 minutes.

# Nutrition Facts

PROTEIN 16.03% FAT 52.11% CARBS 31.86%

## Properties

Glycemic Index:61.63, Glycemic Load:18.62, Inflammation Score:-9, Nutrition Score:16.560434750889%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.53mg, Epicatechin: 1.53mg, Epicatechin: 1.53mg, Epicatechin: 1.53mg Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 7.36mg, Isorhamnetin: 7.36mg, Isorhamnetin: 7.36mg, Isorhamnetin: 7.36mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 30.21mg, Quercetin: 30.21mg, Quercetin: 30.21mg, Quercetin: 30.21mg Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg

## Nutrients (% of daily need)

Calories: 505.32kcal (25.27%), Fat: 27.69g (42.6%), Saturated Fat: 16.71g (104.46%), Carbohydrates: 38.09g (12.7%), Net Carbohydrates: 34.53g (12.56%), Sugar: 8.58g (9.54%), Cholesterol: 69.59mg (23.2%), Sodium: 1923.92mg (83.65%), Alcohol: 4.5g (100%), Alcohol %: 0.94% (100%), Protein: 19.16g (38.33%), Calcium: 405.51mg (40.55%), Phosphorus: 333.96mg (33.4%), Selenium: 19.26µg (27.51%), Manganese: 0.54mg (27.06%), Vitamin B3: 4.83mg (24.14%), Vitamin B1: 0.35mg (23.17%), Vitamin B2: 0.39mg (22.69%), Folate: 88.27µg (22.07%), Vitamin B12: 1.04µg (17.4%), Iron: 2.95mg (16.41%), Vitamin A: 792.1IU (15.84%), Vitamin B6: 0.32mg (15.81%), Potassium: 541.85mg (15.48%), Fiber: 3.56g (14.24%), Zinc: 2.05mg (13.69%), Vitamin C: 11.25mg (13.63%), Magnesium: 49.62mg (12.41%), Vitamin K: 7.14µg (6.8%), Copper: 0.14mg (6.77%), Vitamin B5: 0.62mg (6.18%), Vitamin E: 0.75mg (5.01%)