



## Rich and Simple French Onion Soup

READY IN



65 min.

SERVINGS



4

CALORIES



651 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 42 ounce beef broth canned
- 1 teaspoon thyme dried
- 4 slices bread french
- 2 tablespoons olive oil
- 4 cups onion sliced
- 0.3 cup parmesan cheese grated
- 4 slices provolone cheese
- 4 servings salt and pepper to taste
- 2 slices swiss cheese diced

0.5 cup butter unsalted

## Equipment

bowl

baking sheet

ladle

oven

pot

broiler

## Directions

Melt butter with olive oil in an 8 quart stock pot on medium heat.

Add onions and continually stir until tender and translucent. Do not brown the onions.

Add beef broth, sherry and thyme. Season with salt and pepper, and simmer for 30 minutes.

Heat the oven broiler.

Ladle soup into oven safe serving bowls and place one slice of bread on top of each (bread may be broken into pieces if you prefer).

Layer each slice of bread with a slice of provolone, 1/2 slice diced Swiss and 1 tablespoon Parmesan cheese.

Place bowls on cookie sheet and broil in the preheated oven until cheese bubbles and browns slightly.

## Nutrition Facts



**PROTEIN 12.91%** **FAT 56.97%** **CARBS 30.12%**

## Properties

Glycemic Index:40.38, Glycemic Load:29.05, Inflammation Score:-9, Nutrition Score:19.884782449059%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg 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: 651.34kcal (32.57%), Fat: 41.84g (64.36%), Saturated Fat: 22.05g (137.79%), Carbohydrates: 49.76g (16.59%), Net Carbohydrates: 45.54g (16.56%), Sugar: 9.87g (10.97%), Cholesterol: 87.46mg (29.15%), Sodium: 1959.43mg (85.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.34g (42.68%), Selenium: 28.98µg (41.41%), Calcium: 374.21mg (37.42%), Vitamin B1: 0.54mg (36.19%), Phosphorus: 342.26mg (34.23%), Manganese: 0.6mg (30.02%), Folate: 119.65µg (29.91%), Vitamin B2: 0.5mg (29.29%), Vitamin B3: 5.66mg (28.28%), Iron: 3.84mg (21.32%), Vitamin A: 1013.6IU (20.27%), Fiber: 4.22g (16.88%), Vitamin B6: 0.32mg (15.87%), Potassium: 521.93mg (14.91%), Zinc: 2.23mg (14.9%), Vitamin B12: 0.88µg (14.58%), Vitamin C: 11.97mg (14.5%), Magnesium: 53.87mg (13.47%), Vitamin E: 1.98mg (13.19%), Vitamin K: 12.22µg (11.64%), Copper: 0.18mg (8.9%), Vitamin B5: 0.65mg (6.49%), Vitamin D: 0.55µg (3.68%)