



Rustic Onion Soup

READY IN



75 min.

SERVINGS



4

CALORIES



215 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 bay leaf
- 0.3 teaspoon pepper black freshly ground
- 0.3 cup vermouth dry
- 1 tablespoon flour all-purpose
- 2 tablespoons thyme leaves fresh chopped
- 4 cups beef broth hot low-sodium
- 1 tablespoon olive oil
- 2 tablespoons parmesan cheese grated
- 6 ounces shallots thinly sliced

- 2 tablespoons cup heavy whipping cream light sour
- 2 teaspoons worcestershire sauce
- 2 pounds onions red yellow thinly sliced

Equipment

- bowl
- frying pan
- ladle
- pot
- measuring cup

Directions

- Heat oil in a 4-quart pot over moderate heat.
- Add the next 4 ingredients (through thyme); cover. Cook, stirring occasionally, about 16 minutes or until the onions begin to color.
- Uncover and cook, stirring, 10 minutes or until onions are golden.
- Stir in flour; cook for 2 minutes.
- Pour vermouth carefully into pan from measuring cup, scraping browned bits from bottom of pan. Cook 2 minutes more or until liquid is almost gone.
- Add broth, 2 cups water, Worcestershire, and Parmesan cheese. Bring to a simmer; cook 20 minutes.
- Remove bay leaf, and ladle soup into bowls. Top each with sour cream and sprinkle of black pepper.
- Serve.
- Time-saver alert! Make a double batch of this soup and freeze in an airtight container for up to three months. Just thaw, heat, and serve for a last-minute dinner.

Nutrition Facts



PROTEIN 16.73% FAT 21.87% CARBS 61.4%

Properties

Glycemic Index:52.25, Glycemic Load:7.63, Inflammation Score:-10, Nutrition Score:10.709565252066%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 46.04mg, Quercetin: 46.04mg, Quercetin: 46.04mg, Quercetin: 46.04mg

Nutrients (% of daily need)

Calories: 215.02kcal (10.75%), Fat: 5.19g (7.98%), Saturated Fat: 1.39g (8.69%), Carbohydrates: 32.77g (10.92%), Net Carbohydrates: 26.98g (9.81%), Sugar: 13.28g (14.76%), Cholesterol: 4.28mg (1.42%), Sodium: 542.35mg (23.58%), Alcohol: 1.9g (100%), Alcohol %: 0.44% (100%), Protein: 8.93g (17.87%), Vitamin C: 26.24mg (31.81%), Potassium: 1019.62mg (29.13%), Manganese: 0.51mg (25.49%), Fiber: 5.8g (23.18%), Vitamin B6: 0.44mg (21.79%), Folate: 63.67µg (15.92%), Phosphorus: 119.16mg (11.92%), Calcium: 116.92mg (11.69%), Iron: 1.9mg (10.56%), Vitamin B1: 0.15mg (10.1%), Magnesium: 39.73mg (9.93%), Copper: 0.16mg (7.89%), Vitamin B2: 0.12mg (6.8%), Zinc: 0.78mg (5.19%), Selenium: 3.36µg (4.8%), Vitamin A: 218.43IU (4.37%), Vitamin B5: 0.43mg (4.35%), Vitamin E: 0.6mg (4.01%), Vitamin K: 3.67µg (3.49%), Vitamin B3: 0.55mg (2.76%)