



## Slow-Cooker Beefy French Onion Soup

READY IN



625 min.

SERVINGS



8

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 7 small onion thinly sliced cut in half and ( 7 cups)
- 1 tablespoon butter melted
- 2 tablespoons sugar
- 2 bay leaves dried
- 1.5 pounds stew meat
- 31.5 ounces beef consomme canned
- 0.3 cup apple juice dry
- 1 cup apple juice
- 0.3 teaspoon thyme leaves dried

- 8 slices bread french toasted ( 1/)
- 8 ounces swiss cheese shredded

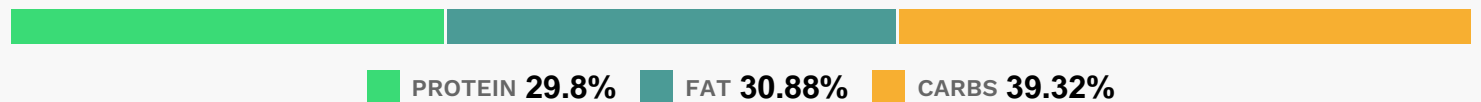
## Equipment

- bowl
- slow cooker

## Directions

- Toss onions, butter and sugar in 5- to 6-quart slow cooker. Top
- with bay leaves and beef.
- Cover and cook on low heat setting 9 to 10 hours or until onions
- are deep brown.
- Stir in beef consommé, sherry, apple juice and thyme. Increase
- heat setting to high. Cover and cook 10 minutes or until hot.
- Remove
- bay leaves.
- To serve, spoon into ovenproof soup bowls and top each serving
- with slice of toast and 1/4 cup cheese. If desired, broil with tops 6
- inches from heat 3 to 5 minutes or until cheese is bubbly and begins to
- brown.

## Nutrition Facts



## Properties

Glycemic Index:41.39, Glycemic Load:30.83, Inflammation Score:-7, Nutrition Score:23.559999932414%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epicatechin: 1.83mg, Epicatechin: 1.83mg, Epicatechin: 1.83mg, Epicatechin:

1.83mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 3.07mg, Isorhamnetin: 3.07mg, Isorhamnetin: 3.07mg, Isorhamnetin: 3.07mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.66mg, Quercetin: 12.66mg, Quercetin: 12.66mg, Quercetin: 12.66mg

## **Nutrients (% of daily need)**

Calories: 478.97kcal (23.95%), Fat: 16.33g (25.13%), Saturated Fat: 7.39g (46.21%), Carbohydrates: 46.81g (15.6%), Net Carbohydrates: 44.26g (16.1%), Sugar: 12.28g (13.64%), Cholesterol: 79.1mg (26.37%), Sodium: 921.15mg (40.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.47g (70.94%), Selenium: 51.54µg (73.63%), Vitamin B3: 9.82mg (49.1%), Phosphorus: 448.26mg (44.83%), Vitamin B12: 2.51µg (41.82%), Vitamin B1: 0.58mg (38.36%), Zinc: 5.56mg (37.04%), Vitamin B6: 0.74mg (36.81%), Calcium: 326.65mg (32.67%), Vitamin B2: 0.54mg (31.97%), Folate: 106.29µg (26.57%), Iron: 4.68mg (26%), Manganese: 0.47mg (23.54%), Potassium: 575.17mg (16.43%), Magnesium: 60.72mg (15.18%), Copper: 0.22mg (11.16%), Fiber: 2.54g (10.17%), Vitamin B5: 0.82mg (8.25%), Vitamin A: 304.03IU (6.08%), Vitamin C: 5mg (6.06%), Vitamin E: 0.63mg (4.2%), Vitamin K: 2.11µg (2.01%)