



 **80%**
HEALTH SCORE

Slow-Cooker French Onion Soup

 Very Healthy

READY IN



440 min.

SERVINGS



10

CALORIES



2322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 Tbsp balsamic vinaigrette dressing kraft
- 6 cups beef broth fat-free reduced-sodium
- 12 oz non-alcoholic beer
- 2 Tbsp brown sugar
- 20 bread french toasted (1/)
- 1 Tbsp thyme leaves fresh chopped
- 2 lb onions separated sliced
- 1.5 cups swiss cheese shredded kraft

- 2 cups water
- 1 Tbsp lea & perrins worcestershire sauce

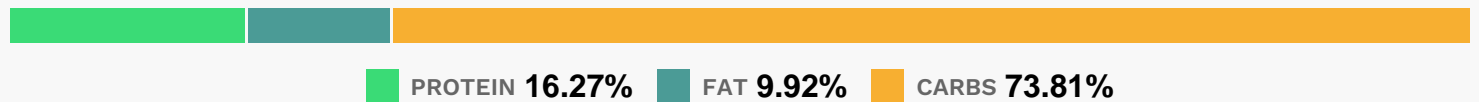
Equipment

- bowl
- ladle
- broiler
- slow cooker

Directions

- Combine first 4 ingredients in slow cooker sprayed with cooking spray; cover with lid. Cook on HIGH 1 hour, stirring after 30 min.
- Reduce heat to LOW.
- Add broth, water, beer and thyme to slow cooker; stir. Cook, covered, on LOW 6 to 8 hours (or on HIGH 4 hours).
- Heat broiler. Ladle soup into 10 ovenproof bowls; top with toast slices and cheese.
- Broil, 6 inches from heat, 3 to 5 min. or until cheese is melted and golden brown.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:322.52, Inflammation Score:-10, Nutrition Score:55.836521812107%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 4.55mg, Isorhamnetin: 4.55mg, Isorhamnetin: 4.55mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 18.42mg, Quercetin: 18.42mg, Quercetin: 18.42mg, Quercetin: 18.42mg Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg

Nutrients (% of daily need)

Calories: 2321.72kcal (116.09%), Fat: 25.58g (39.36%), Saturated Fat: 7.32g (45.76%), Carbohydrates: 428.17g (142.72%), Net Carbohydrates: 408.93g (148.7%), Sugar: 43.4g (48.23%), Cholesterol: 15.07mg (5.02%), Sodium: 5167.16mg (224.66%), Alcohol: 1.33g (100%), Alcohol %: 0.15% (100%), Protein: 94.38g (188.75%), Vitamin B1: 5.73mg (381.78%), Selenium: 234.37µg (334.82%), Folate: 1005.21µg (251.3%), Manganese: 4.33mg (216.31%), Vitamin B2: 3.5mg (206.09%), Vitamin B3: 38.88mg (194.38%), Iron: 31.73mg (176.26%), Phosphorus: 965.92mg (96.59%), Fiber: 19.24g (76.96%), Magnesium: 274.49mg (68.62%), Copper: 1.28mg (63.83%), Zinc: 9.21mg (61.38%), Calcium: 590.77mg (59.08%), Vitamin B6: 1mg (49.76%), Potassium: 1398.19mg (39.95%), Vitamin B5: 2.87mg (28.73%), Vitamin E: 1.8mg (11.98%), Vitamin C: 8.05mg (9.76%), Vitamin B12: 0.5µg (8.27%), Vitamin K: 6.21µg (5.91%), Vitamin A: 170.87IU (3.42%)