



Slow-Cooker French Onion Soup

 Popular

READY IN



590 min.

SERVINGS



8

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups onion sliced (3 medium)
- ☐ 3 tablespoons butter melted
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 tablespoon worcestershire sauce
- ☐ 1 teaspoon sugar
- ☐ 0.3 teaspoon pepper
- ☐ 58 ounces beef broth ready-to-serve canned
- ☐ 8 slices bread french

- ☐ 3 ounces mozzarella cheese shredded
- ☐ 2 tablespoons parmesan shredded grated
- ☐ 1 serving frangelico

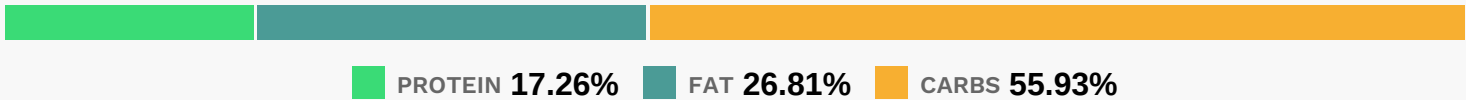
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Place Reynolds™ Slow Cooker Liners inside a 5- to 6 1/2 -qt slow cooker bowl. Make sure that liner fits snugly against the bottom and sides of bowl and pull the top of the liner over rim of bowl.
- ☐ In lined slow cooker, mix onions and margarine.
- ☐ Cover and cook on high heat setting 30 to 35 minutes or until onions begin to slightly brown around edges.
- ☐ Mix flour, Worcestershire sauce, sugar and pepper. Stir flour mixture and broth into onions. Cover and cook on low heat setting 7 to 9 hours (or high heat setting 3 to 4 hours) or until onions are very tender.
- ☐ Prepare Cheesy Broiled French Bread.
- ☐ Place 1 slice bread on top of each bowl of soup.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:42.32, Glycemic Load:28.83, Inflammation Score:-6, Nutrition Score:12.437391285015%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.18mg, Quercetin: 12.18mg, Quercetin: 12.18mg, Quercetin: 12.18mg

Nutrients (% of daily need)

Calories: 300.96kcal (15.05%), Fat: 9.02g (13.87%), Saturated Fat: 3.08g (19.22%), Carbohydrates: 42.31g (14.1%), Net Carbohydrates: 39.79g (14.47%), Sugar: 6.34g (7.04%), Cholesterol: 9.25mg (3.08%), Sodium: 1316.15mg (57.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.06g (26.13%), Vitamin B1: 0.51mg (34.26%), Selenium: 23.1µg (33%), Folate: 100.44µg (25.11%), Vitamin B3: 4.95mg (24.77%), Manganese: 0.46mg (23.2%), Vitamin B2: 0.39mg (22.69%), Iron: 3.28mg (18.25%), Phosphorus: 163.25mg (16.32%), Calcium: 132.45mg (13.25%), Fiber: 2.52g (10.08%), Potassium: 305.75mg (8.74%), Magnesium: 34.43mg (8.61%), Vitamin B6: 0.17mg (8.4%), Zinc: 1.14mg (7.58%), Vitamin B12: 0.41µg (6.78%), Copper: 0.13mg (6.57%), Vitamin C: 4.73mg (5.73%), Vitamin A: 272.64IU (5.45%), Vitamin B5: 0.37mg (3.67%), Vitamin E: 0.34mg (2.24%), Vitamin K: 1.09µg (1.03%)