



Slow Cooker Onion Soup

 Gluten Free

READY IN



270 min.

SERVINGS



3

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups beef stock
- ☐ 3 tablespoons brandy
- ☐ 0.3 cup butter melted
- ☐ 2 cups seasoned croutons italian-style
- ☐ 2 cloves garlic minced
- ☐ 3 servings salt and ground pepper black to taste
- ☐ 3 slices provolone cheese
- ☐ 1 small onion red cut into thin slivers

- ☐ 2 teaspoons soya sauce
- ☐ 1 large onion sweet cut into thin slivers vidalia® such as
- ☐ 2 teaspoons worcestershire sauce

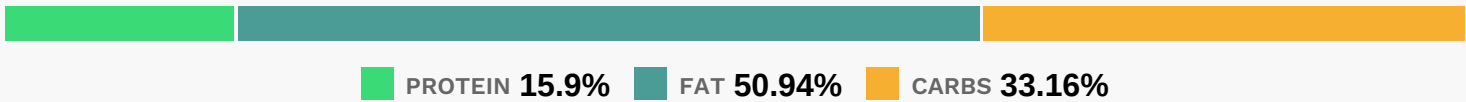
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ broiler
- ☐ slow cooker

Directions

- ☐ Melt butter in a skillet over medium heat; cook and stir sweet onion and red onion in melted butter until softened, about 10 minutes. Cook and stir garlic into onion mixture until fragrant, about 2 minutes.
- ☐ Transfer to a slow cooker.
- ☐ Pour beef stock, brandy, soy sauce, and Worcestershire sauce into slow cooker. Season with salt and black pepper.
- ☐ Cook soup on High for 4 to 5 hours.
- ☐ Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.
- ☐ Ladle the soup into 3 oven-proof bowls; top with croutons and a slice of Provolone per bowl.
- ☐ Broil in the preheated oven until cheese melts and begins to brown, about 3 minutes.

Nutrition Facts



Properties

Glycemic Index:89.33, Glycemic Load:10.95, Inflammation Score:-8, Nutrition Score:14.020000058672%

Flavonoids

Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg Myricetin: 1.3mg, Myricetin: 1.3mg, Myricetin: 1.3mg, Myricetin: 1.3mg Quercetin: 23.5mg, Quercetin: 23.5mg, Quercetin: 23.5mg, Quercetin: 23.5mg

Nutrients (% of daily need)

Calories: 418.66kcal (20.93%), Fat: 22.15g (34.07%), Saturated Fat: 13.41g (83.78%), Carbohydrates: 32.43g (10.81%), Net Carbohydrates: 29.69g (10.8%), Sugar: 9.43g (10.48%), Cholesterol: 53.78mg (17.93%), Sodium: 1319.21mg (57.36%), Alcohol: 5.01g (100%), Alcohol %: 1.15% (100%), Protein: 15.55g (31.11%), Phosphorus: 272.82mg (27.28%), Vitamin B2: 0.46mg (27.01%), Potassium: 882.52mg (25.21%), Calcium: 228.62mg (22.86%), Selenium: 15.36µg (21.94%), Vitamin B3: 4.31mg (21.54%), Vitamin B6: 0.42mg (20.82%), Vitamin B1: 0.31mg (20.47%), Folate: 68.73µg (17.18%), Manganese: 0.3mg (15.1%), Copper: 0.3mg (14.87%), Iron: 2.5mg (13.91%), Vitamin A: 645.65IU (12.91%), Magnesium: 50.69mg (12.67%), Vitamin C: 9.15mg (11.09%), Fiber: 2.74g (10.94%), Zinc: 1.61mg (10.76%), Vitamin B12: 0.31µg (5.16%), Vitamin B5: 0.38mg (3.79%), Vitamin E: 0.55mg (3.67%), Vitamin K: 2.78µg (2.65%)