



Slow-Cooker Rustic French Onion Soup

READY IN



575 min.

SERVINGS



10

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 cups onion thinly sliced (6 large)
- 0.3 cup butter melted
- 1 teaspoon salt
- 1 teaspoon pepper
- 0.3 teaspoon thyme leaves dried
- 5 tablespoons flour all-purpose
- 0.8 cup sherry dry
- 0.3 cup water
- 32 oz beef broth (4 cups)

- 10 oz crusty baguette (1/)
- 1.5 cups gruyere cheese shredded
- 1 leaves thyme leaves fresh

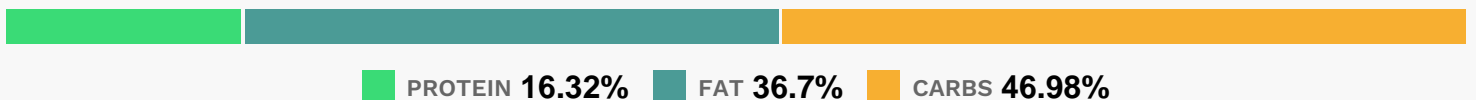
Equipment

- bowl
- baking sheet
- oven
- whisk
- aluminum foil
- slow cooker

Directions

- Spray 6- to 7-quart slow cooker with cooking spray. In slow cooker, place onions, butter, salt, pepper and dried thyme. In medium bowl, mix flour, sherry and water with wire whisk until blended. Stir into onion mixture.
- Cover; cook on Low heat setting 9 to 10 hours or until onions are softened and deep brown.
- Stir broth into slow cooker. Increase heat setting to High. Cover; cook 10 minutes or until hot.
- Meanwhile, set oven control to broil. Line cookie sheet with foil. Arrange baguette slices in single layer on cookie sheet. Broil with tops 3 inches from heat 2 minutes, turning once, until lightly browned.
- Sprinkle cheese evenly over slices; broil 1 minute longer or until cheese is bubbly. Top each bowl of soup with 2 cheese toasts.
- Sprinkle with fresh thyme.

Nutrition Facts



Properties

Glycemic Index:36.08, Glycemic Load:15.49, Inflammation Score:-8, Nutrition Score:11.953478245632%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 9.62mg, Isorhamnetin: 9.62mg, Isorhamnetin: 9.62mg, Isorhamnetin: 9.62mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 38.98mg, Quercetin: 38.98mg, Quercetin: 38.98mg, Quercetin: 38.98mg

Nutrients (% of daily need)

Calories: 308.1kcal (15.41%), Fat: 12.21g (18.78%), Saturated Fat: 7g (43.77%), Carbohydrates: 35.17g (11.72%), Net Carbohydrates: 31.14g (11.32%), Sugar: 9.73g (10.81%), Cholesterol: 33.98mg (11.33%), Sodium: 932.09mg (40.53%), Alcohol: 1.85g (100%), Alcohol %: 0.64% (100%), Protein: 12.21g (24.43%), Calcium: 284.71mg (28.47%), Manganese: 0.47mg (23.35%), Phosphorus: 223.32mg (22.33%), Vitamin B1: 0.3mg (19.86%), Folate: 77.92µg (19.48%), Vitamin C: 14.45mg (17.51%), Fiber: 4.03g (16.13%), Selenium: 10.7µg (15.28%), Vitamin B6: 0.3mg (14.85%), Vitamin B2: 0.24mg (14.2%), Vitamin B3: 2.49mg (12.43%), Potassium: 402.27mg (11.49%), Iron: 1.84mg (10.22%), Magnesium: 38.9mg (9.72%), Zinc: 1.38mg (9.21%), Vitamin A: 341.58IU (6.83%), Vitamin B12: 0.39µg (6.5%), Copper: 0.13mg (6.31%), Vitamin B5: 0.51mg (5.07%), Vitamin K: 2.96µg (2.82%), Vitamin E: 0.31mg (2.08%)