

Soupe a l'Oignon au Fromage (French Onion Soup)

READY IN



45 min.

SERVINGS



6

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 quarts beef broth
- 12.5 inch bread french toasted
- 1 tablespoon flour all-purpose
- 0.8 pound gruyere cheese grated
- 5 pounds onion sliced thin
- 0.3 cup butter unsalted

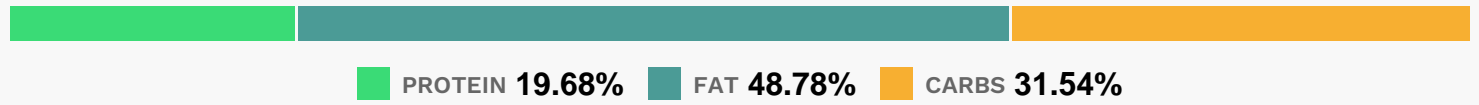
Equipment

- bowl
- broiler

Directions

- In a large kettle cook the onions in the butter over moderate heat, stirring frequently, for 40 minutes, or until they are golden brown.
- Sprinkle the onions with the flour and cook the mixture, stirring, for 3 minutes.
- Add the broth slowly, stir the soup constantly until it comes to a boil, and simmer it, covered, for 20 minutes. Season the soup with salt and pepper. Put 2 slices of the toast in each of 6 heated soup bowls, top each toast with 1 tablespoon of the Gruyère, and pour the soup over the toasts. (To serve the onion soup gratiné, arrange the 12 toasts on the bottom of a flameproof casserole, heap each of them with 1 tablespoon of the Gruyère and boil it under a preheated broiler about 4 inches from the heat for 3 minutes, or until the cheese is melted and bubbling.)

Nutrition Facts



Properties

Glycemic Index:30.42, Glycemic Load:10.6, Inflammation Score:-9, Nutrition Score:19.640434835268%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 18.94mg, Isorhamnetin: 18.94mg, Isorhamnetin: 18.94mg, Isorhamnetin: 18.94mg Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 76.73mg, Quercetin: 76.73mg, Quercetin: 76.73mg, Quercetin: 76.73mg

Nutrients (% of daily need)

Calories: 488.69kcal (24.43%), Fat: 27.02g (41.58%), Saturated Fat: 16.02g (100.15%), Carbohydrates: 39.31g (13.1%), Net Carbohydrates: 32.73g (11.9%), Sugar: 16.48g (18.32%), Cholesterol: 82.7mg (27.57%), Sodium: 1332.98mg (57.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.53g (49.06%), Calcium: 679mg (67.9%), Phosphorus: 492.58mg (49.26%), Vitamin C: 27.97mg (33.9%), Manganese: 0.56mg (27.88%), Vitamin B6: 0.53mg (26.48%), Fiber: 6.58g (26.3%), Folate: 91.3µg (22.83%), Potassium: 735.35mg (21.01%), Vitamin B2: 0.34mg (20.11%), Selenium: 13.8µg (19.71%), Zinc: 2.93mg (19.51%), Vitamin B12: 1.09µg (18.15%), Vitamin B1: 0.26mg (17.37%), Magnesium: 65.1mg (16.28%), Vitamin A: 781.43IU (15.63%), Vitamin B3: 2.68mg (13.38%), Copper: 0.18mg (8.85%),

Iron: 1.56mg (8.66%), Vitamin B5: 0.86mg (8.64%), Vitamin K: 3.75µg (3.57%), Vitamin D: 0.48µg (3.21%), Vitamin E: 0.47mg (3.1%)