



Soupe A L'Oignon (French Onion Soup)

READY IN



106 min.

SERVINGS



4

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 inch bread baguette french
- ☐ 0.5 cup cooking wine dry white
- ☐ 3 tablespoons flour all-purpose
- ☐ 3 ounces gruyère cheese cut into 4 thin slices
- ☐ 32 ounce less-sodium beef broth fat-free 100% 50%
- ☐ 2 pounds onion vertically sliced thin
- ☐ 0.5 teaspoon sugar
- ☐ 1 tablespoon butter unsalted

- ☐ 4 cups water
- ☐ 1 tablespoon worcestershire sauce

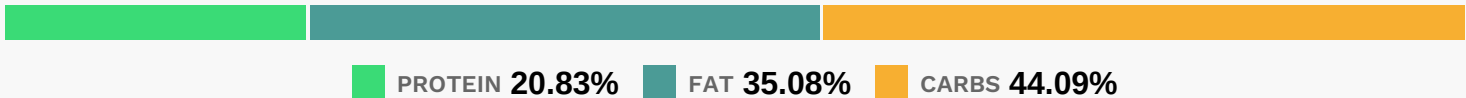
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ broiler
- ☐ dutch oven

Directions

- ☐ Melt butter in a large Dutch oven over medium heat.
- ☐ Add onion to pan; cook 5 minutes, stirring occasionally. Partially cover, reduce heat to medium-low, and cook 15 minutes, stirring occasionally.
- ☐ Add sugar and pepper; cook, uncovered, until deep golden brown (about 35 minutes), stirring frequently.
- ☐ Sprinkle onion with flour; cook 2 minutes, stirring constantly.
- ☐ Add broth, water, and wine; bring to a boil. Reduce heat, and simmer 30 minutes.
- ☐ Add Worcestershire sauce; stir well.
- ☐ Preheat broiler to high.
- ☐ Arrange bread slices in a single layer on a jelly-roll pan; broil for 2 minutes or until toasted, turning after 1 minute.
- ☐ Divide soup evenly among each of 4 broiler-safe soup bowls. Top each serving with 1 bread slice and 1 cheese slice.
- ☐ Place soup bowls on jelly-roll pan; broil for 4 minutes or until tops are golden brown and cheese bubbles.

Nutrition Facts



Properties

Glycemic Index:74.9, Glycemic Load:8.77, Inflammation Score:-8, Nutrition Score:10.78695651241%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 46.05mg, Quercetin: 46.05mg, Quercetin: 46.05mg, Quercetin: 46.05mg

Nutrients (% of daily need)

Calories: 271.68kcal (13.58%), Fat: 10.02g (15.42%), Saturated Fat: 5.93g (37.05%), Carbohydrates: 28.35g (9.45%), Net Carbohydrates: 24.3g (8.83%), Sugar: 10.98g (12.2%), Cholesterol: 30.91mg (10.3%), Sodium: 653.41mg (28.41%), Alcohol: 3.09g (100%), Alcohol %: 0.52% (100%), Protein: 13.39g (26.79%), Calcium: 283.88mg (28.39%), Potassium: 866.42mg (24.75%), Phosphorus: 210.7mg (21.07%), Vitamin C: 17.34mg (21.01%), Manganese: 0.38mg (19.22%), Fiber: 4.05g (16.2%), Vitamin B6: 0.31mg (15.42%), Folate: 57.83µg (14.46%), Vitamin B1: 0.17mg (11.66%), Vitamin B2: 0.17mg (9.72%), Magnesium: 38.07mg (9.52%), Selenium: 6.58µg (9.4%), Zinc: 1.34mg (8.93%), Copper: 0.15mg (7.71%), Iron: 1.14mg (6.31%), Vitamin A: 297.27IU (5.95%), Vitamin B12: 0.35µg (5.77%), Vitamin B5: 0.45mg (4.46%), Vitamin B3: 0.74mg (3.72%), Vitamin K: 2.02µg (1.92%), Vitamin E: 0.2mg (1.31%), Vitamin D: 0.18µg (1.2%)