



Three Onion Soup

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



189 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 teaspoons balsamic vinegar
- ☐ 1 cup chicken broth
- ☐ 2 ounces gruyere cheese grated
- ☐ 4 medium leek
- ☐ 1 teaspoon olive oil
- ☐ 0.3 pound onion thinly sliced
- ☐ 0.3 pound shallots thinly sliced
- ☐ 1.5 cups water

☐ 6 ounces potato boiling

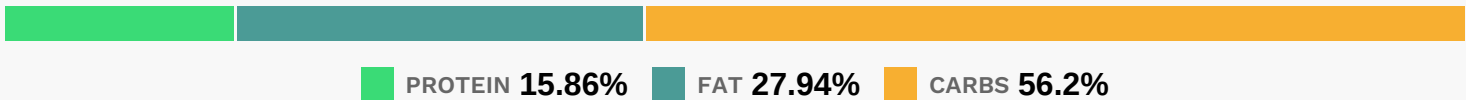
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ colander

Directions

- ☐ Chop enough white and pale green parts of leeks to measure 2 cups. Wash leeks well in a bowl of cold water. Lift from water and drain in a colander.
- ☐ Heat oil in a 10-inch nonstick skillet over moderate heat until hot but not smoking, then cook chopped leeks, onion, and shallots with salt and pepper to taste, stirring frequently, until edges are golden brown, about 15 minutes.
- ☐ Add 1/2 cup water and deglaze skillet, scraping up brown bits.
- ☐ Transfer mixture to a saucepan.
- ☐ Peel potato and cut into 1/2-inch cubes.
- ☐ Add potato, broth, and remaining cup water to onions. Simmer, covered, stirring occasionally, until potatoes are very tender.
- ☐ Purée 1 cups soup in a blender (use caution when blending hot liquids) and stir into remaining soup. Season with salt and pepper.
- ☐ Serve soup sprinkled with cheese and drizzled with vinegar.
- ☐ ·Soup may be made 1 day ahead and cooled completely before being chilled, covered. Reheat, covered, over low heat.
- ☐ Each serving about 172 calories and 6 grams fat.
- ☐ Gourmet

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:5.49, Inflammation Score:-8, Nutrition Score:14.299130307591%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 2.56mg, Kaempferol: 2.56mg, Kaempferol: 2.56mg, Kaempferol: 2.56mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg

Nutrients (% of daily need)

Calories: 188.92kcal (9.45%), Fat: 6.09g (9.36%), Saturated Fat: 2.89g (18.07%), Carbohydrates: 27.55g (9.18%), Net Carbohydrates: 23.83g (8.67%), Sugar: 8.13g (9.03%), Cholesterol: 16.77mg (5.59%), Sodium: 354.19mg (15.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.77g (15.54%), Vitamin K: 44.39µg (42.27%), Vitamin A: 1623.86IU (32.48%), Manganese: 0.64mg (32.01%), Vitamin C: 18.7mg (22.67%), Calcium: 222.63mg (22.26%), Vitamin B6: 0.42mg (21.15%), Folate: 81.06µg (20.26%), Phosphorus: 170.9mg (17.09%), Fiber: 3.71g (14.86%), Iron: 2.67mg (14.82%), Potassium: 514.63mg (14.7%), Magnesium: 49.94mg (12.49%), Copper: 0.23mg (11.4%), Vitamin B1: 0.14mg (9.25%), Vitamin B2: 0.13mg (7.5%), Vitamin E: 1.05mg (6.98%), Zinc: 1.01mg (6.76%), Selenium: 3.87µg (5.54%), Vitamin B3: 1.08mg (5.39%), Vitamin B5: 0.45mg (4.45%), Vitamin B12: 0.24µg (3.98%)