



 11%  
HEALTH SCORE

## Unbelievable Onion Garlic Soup With Cheese Crisps

READY IN



110 min.

SERVINGS



6

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 large bay leaves
- 0.5 teaspoon pepper black
- 6 slices bread toasted
- 1 teaspoon brown sugar
- 2 tablespoons butter
- 1 cup wine dry white
- 1 tablespoon flour
- 1 bunch chives fresh

- 1 teaspoon rosemary leaves fresh chopped
- 2 sprigs thyme sprigs fresh
- 8 garlic clove minced
- 0.5 lb gruyere cheese
- 3 leek white rinsed sliced well
- 4 cups beef broth low sodium
- 2 tablespoons olive oil
- 1 large onion spanish sliced
- 6 tablespoons parmesan grated
- 1 large onion red sliced
- 2 spring onion sliced
- 2 shallots diced
- 0.5 cup cooking sherry
- 1 large onion sliced
- 1 large onion white sliced

## Equipment

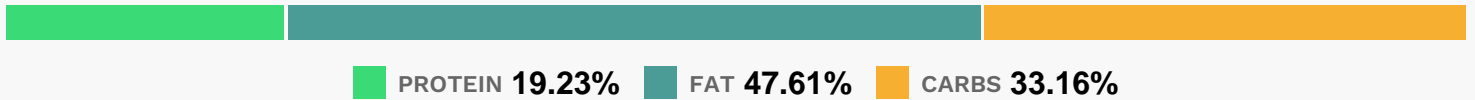
- pot
- ramekin
- baking pan

## Directions

- In a heavy bottom pot melt oil and butter over high heat add the brown sugar and the onions from the vadillas to the red onions lower heat to medium. Cook slowly stirring occasionally until caramelization begins at which point the onions are cooked until melting the sugars in the onions, thus causing browning. About 30 minutes.
- Add the shallots and garlic cooking for 5 more minutes. If you have time go 30 minutes more of cooking to bring out the complex flavors of the onions sugars.
- Sprinkle the flour over the caramelized onions and stir in completely.
- Add thyme, bay leaf, rosemary, salt and pepper. Deglaze with sherry and champagne.

- Add broth and simmer 20 minutes.
- Remove bay leaf.
- Place the soup crocks or ramekin on a shallow baking pan. Soup evenly into ramekins.
- Place bread lightly on top and place cheese on bread. On the baking pan right along side the ramekins but not touching sprinkle the parmesan cheese in 6 piles. Broiled in a ramekin until gruyere is melted and bubbly. Keep an eye on it! The cheese on the soup may be done before the parmesan crisps are. So remove the soup while the crisp brown. They will be golden and soft when done.
- Remove gently to a dish and they will crisp up before you know it!
- Serve along side the soup which is garnished with chives and scallions.

## Nutrition Facts



### Properties

Glycemic Index:94.61, Glycemic Load:12.1, Inflammation Score:-9, Nutrition Score:19.899565245794%

### Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 3.47mg, Isorhamnetin: 3.47mg, Isorhamnetin: 3.47mg, Isorhamnetin: 3.47mg Kaempferol: 2.4mg, Kaempferol: 2.4mg, Kaempferol: 2.4mg, Kaempferol: 2.4mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 22.47mg, Quercetin: 22.47mg, Quercetin: 22.47mg, Quercetin: 22.47mg

### Nutrients (% of daily need)

Calories: 479.83kcal (23.99%), Fat: 23.53g (36.2%), Saturated Fat: 11.26g (70.39%), Carbohydrates: 36.88g (12.29%), Net Carbohydrates: 32.71g (11.89%), Sugar: 11.21g (12.46%), Cholesterol: 55.01mg (18.34%), Sodium: 827.53mg (35.98%), Alcohol: 6.18g (100%), Alcohol %: 1.61% (100%), Protein: 21.39g (42.77%), Calcium: 552.38mg (55.24%), Manganese: 0.89mg (44.65%), Phosphorus: 376.72mg (37.67%), Vitamin K: 37.32µg (35.54%), Vitamin A: 1346.16IU (26.92%), Selenium: 16.98µg (24.25%), Folate: 91.56µg (22.89%), Vitamin B6: 0.44mg (21.92%), Potassium: 747.53mg (21.36%), Vitamin C: 16.7mg (20.24%), Fiber: 4.18g (16.72%), Vitamin B1: 0.25mg (16.64%), Iron: 2.91mg (16.15%), Magnesium: 62.66mg (15.66%), Zinc: 2.34mg (15.58%), Vitamin B2: 0.26mg (15.54%), Vitamin B12: 0.67µg

(11.21%), Vitamin B3: 2.17mg (10.85%), Copper: 0.2mg (9.92%), Vitamin E: 1.42mg (9.45%), Vitamin B5: 0.76mg (7.61%), Vitamin D: 0.25µg (1.68%)