



WHATSheATE



Vegan French Onion Soup



Vegetarian



Vegan



Dairy Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



186 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 baguette gluten-free white (, wheat, or)
- ☐ 1 tablespoon balsamic vinegar
- ☐ 2 bay leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons vegan butter
- ☐ 5 sprigs flat-leaf parsley
- ☐ 2 tablespoons olive oil
- ☐ 0.8 cup red wine

- ☐ 0.3 teaspoon sea salt
- ☐ 3 sprigs thyme leaves
- ☐ 1 cup vegan cheese mozzarella- or cheddar-style grated to taste
- ☐ 6 cups vegetable stock
- ☐ 4 cups onions yellow sliced

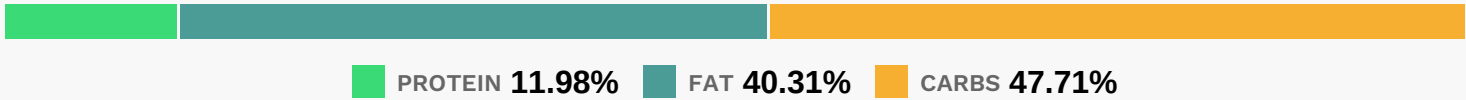
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ broiler

Directions

- ☐ Place the olive oil in a large pot over medium-high heat.
- ☐ Add the onions, salt, and pepper, and cook for 5 minutes, stirring constantly.
- ☐ Add the wine and vinegar and cook for 10 minutes, stirring frequently and adding small amounts of vegetable stock if necessary to prevent sticking.Lower the heat to medium, add the vegetable stock and herbs to the pot, and cook for 15 minutes, stirring occasionally.Meanwhile, prepare the croutons: Set the oven to broil and oil a baking sheet. Slice the baguette into 1/2-inch slices and place on the prepared baking sheet. Baste with olive oil and sprinkle with salt and pepper. Broil for 5 minutes, or until the bread is crispy.To serve, remove the bay leaves and thyme sprigs.
- ☐ Pour the soup into oven-safe bowls, add a baguette slice, and sprinkle the top with vegan cheese.
- ☐ Place under the broiler until the cheese melts, about 5 minutes. If you do not have oven-safe bowls, simply top with the cheese before serving.

Nutrition Facts



Properties

Glycemic Index:39.72, Glycemic Load:8.11, Inflammation Score:-8, Nutrition Score:5.8760869814002%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.45mg, Petunidin: 0.45mg, Petunidin: 0.45mg, Petunidin: 0.45mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 3.11mg, Malvidin: 3.11mg, Malvidin: 3.11mg, Malvidin: 3.11mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.61mg, Catechin: 1.61mg, Catechin: 1.61mg, Catechin: 1.61mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 1.4mg, Apigenin: 1.4mg, Apigenin: 1.4mg, Apigenin: 1.4mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 16.48mg, Quercetin: 16.48mg, Quercetin: 16.48mg, Quercetin: 16.48mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 185.51kcal (9.28%), Fat: 7.75g (11.93%), Saturated Fat: 1.09g (6.8%), Carbohydrates: 20.65g (6.88%), Net Carbohydrates: 17.49g (6.36%), Sugar: 6.07g (6.74%), Cholesterol: 0mg (0%), Sodium: 879.34mg (38.23%), Alcohol: 2.38g (100%), Alcohol %: 0.97% (100%), Protein: 5.19g (10.37%), Vitamin K: 15.45µg (14.71%), Fiber: 3.16g (12.63%), Manganese: 0.23mg (11.28%), Vitamin A: 449.82IU (9%), Vitamin C: 7.36mg (8.93%), Vitamin B1: 0.13mg (8.64%), Folate: 33.32µg (8.33%), Potassium: 283.78mg (8.11%), Iron: 1.32mg (7.31%), Vitamin E: 1.07mg (7.16%), Vitamin B6: 0.13mg (6.38%), Vitamin B2: 0.08mg (4.78%), Selenium: 3.14µg (4.48%), Phosphorus: 44.49mg (4.45%), Vitamin B3: 0.87mg (4.34%), Magnesium: 16.05mg (4.01%), Calcium: 40.13mg (4.01%), Copper: 0.06mg (2.86%), Zinc: 0.31mg (2.05%), Vitamin B5: 0.17mg (1.69%)