

# Vidalia Onion Soup

 Vegetarian

READY IN



50 min.

SERVINGS



4

CALORIES



564 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 6 tablespoons butter
- 2 cups chicken broth
- 4 tablespoons flour all-purpose
- 1 cup heavy whipping cream
- 0.5 cup milk
- 6 large onion

## Equipment

- bowl

- frying pan
- blender
- stove

## Directions

- Slice onions thinly.
- Place half of the onions in a skillet with half of the butter; cook, covered, over medium-high heat until soft, about 10 minutes.
- Remove to a platter, and cook remaining onions with butter. Return two-thirds of the reserved onions to the skillet. (Reserve the rest for garnish.)
- Stir in flour until well combined with onions. Slowly stir in chicken broth.
- Remove from heat, and let cool about 10 minutes. Stir in cream and milk.
- Pour into a blender, and blend until smooth and creamy. Return to stovetop, and heat through over medium-low heat.
- Pour into bowls, and garnish with reserved onions and chopped parsley.

## Nutrition Facts

**PROTEIN 5.74%** **FAT 62.09%** **CARBS 32.17%**

## Properties

Glycemic Index:40.75, Glycemic Load:4.69, Inflammation Score:-10, Nutrition Score:16.200869435849%

## Flavonoids

Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 5.66mg, Kaempferol: 5.66mg, Kaempferol: 5.66mg, Kaempferol: 5.66mg Myricetin: 5.66mg, Myricetin: 5.66mg, Myricetin: 5.66mg Quercetin: 72.09mg, Quercetin: 72.09mg, Quercetin: 72.09mg, Quercetin: 72.09mg

## Nutrients (% of daily need)

Calories: 564.4kcal (28.22%), Fat: 40.2g (61.85%), Saturated Fat: 25.07g (156.71%), Carbohydrates: 46.85g (15.62%), Net Carbohydrates: 42.18g (15.34%), Sugar: 28.67g (31.85%), Cholesterol: 118.39mg (39.47%), Sodium: 638.48mg (27.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.37g (16.73%), Vitamin B6: 0.69mg (34.44%), Folate: 130.93µg (32.73%), Vitamin C: 24.19mg (29.32%), Vitamin A: 1456.17IU (29.12%), Manganese:

0.48mg (24.22%), Phosphorus: 217.21mg (21.72%), Vitamin B2: 0.37mg (21.57%), Vitamin B1: 0.32mg (21.14%), Potassium: 727.33mg (20.78%), Calcium: 186.95mg (18.7%), Fiber: 4.67g (18.68%), Copper: 0.31mg (15.67%), Magnesium: 55.76mg (13.94%), Selenium: 8.07µg (11.53%), Iron: 1.78mg (9.92%), Vitamin D: 1.29µg (8.58%), Vitamin B5: 0.82mg (8.19%), Vitamin E: 1.2mg (8%), Vitamin B3: 1.44mg (7.2%), Zinc: 1.07mg (7.11%), Vitamin B12: 0.32µg (5.32%), Vitamin K: 4.98µg (4.74%)