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French Onion Soup

French onion soup is a classic French dish made with caramelized onions, beef broth, and topped with melted cheese and toasted bread. It is traditionally served as a starter or light meal.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 60 mins

Total Time: 80 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g	yellow onions
50 g	butter
1000 ml	beef broth
100 ml	white wine
5 g	Thyme

2 pieces	Bay Leaves
200 g	baguette
200 g	gruyere cheese
5 g	Salt
2 g	Black pepper

Directions

Step 1

Stove

Melt the butter in a large pot over medium heat. Add the onions and cook until caramelized, about 30 minutes.

Prep Time: 5 mins

Cook Time: 30 mins

Step 2

Stove

Add the white wine and cook for 2 minutes, stirring occasionally.

Prep Time: 1 mins

Cook Time: 2 mins

Step 3

Stove

Add the beef broth, thyme, bay leaves, salt, and black pepper. Bring to a boil, then reduce heat and simmer for 20 minutes.

Prep Time: 5 mins

Cook Time: 20 mins

Step 4

Oven

Preheat the oven to 400°F (200°C).

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Oven

Slice the baguette into 1-inch thick slices. Place on a baking sheet and toast in the oven for 5 minutes, or until golden brown.

Prep Time: 2 mins

Cook Time: 5 mins

Step 6

Ladle the soup into oven-safe bowls. Top with toasted baguette slices and sprinkle with grated Gruyere cheese.

Prep Time: 2 mins

Cook Time: 0 mins

Step 7

Oven

Place the bowls on a baking sheet and broil in the oven for 2-3 minutes, or until the cheese is melted and bubbly.

Prep Time: 1 mins

Cook Time: 3 mins

Step 8

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 15 g

Protein: 8 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	10 g	45.45%	58.82%
Fat	15 g	53.57%	60%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	6 mg	75%	33.33%
Potassium	200 mg	5.88%	7.69%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	4 mg	36.36%	50%
Selenium	6 mcg	10.91%	10.91%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Cuisines

French

Course

Breads Salads Soups Snacks Sauces & Dressings

Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest
Passover Ramadan St. Patrick's Day Thanksgiving Christmas Easter

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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