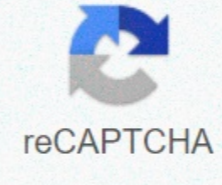




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## French onion soup calories with bread and cheese

Here are the foods from our food nutrition database that have been used for nutritional calculations of this recipe. Calories per serving of onion soup French with Sherry and Gruyere 88 calories of bread, French or vienna (includes sourdough), (1 slice, small (2 x 2-1/2 x 1-3/4))78 calories of Gruyere cheese, (0.67 oz)46 calories of 1 yellow med onion, (1 serving)34 calories butter, unsouryd, (0.33 tablespoons)30 calories of Sherry, dry, (0.67 fl. oz)25 calories of Pacific Natural Foods Organic beef broth, 1 cup, (1 cup)20 calories olive oil, (0.17 tablespoons)0 calories pepper, black, (0.08 teaspoon)0 calories thyme, fresh, (0.33 teaspoon)0 calories kosher salt, (0.17 teaspoon) When the weather cools, don't you just want to curl up with a bowl of hot, comforting soup? My French onion soup is a classic recipe that warms you up and will earn you accolades from your family. In addition to being a treat to the crowds, it's also cheap to do (it's not much cheaper than onions). It's delicious served alone or topped with a crunchy piece of French and gruyere gooey cheese and melted. The base of the soup is simple: it is made by caramelize the onions until they are deliciously sweet and golden. Caramelized onions are one of my favorite secret ingredients that I love incorporating into dishes because they add so much flavor without too many calories. It takes a little patience to make them because it takes time for the onions to cook to the point that their sugars begin to caramelize and transform a nice brown color. But it's worth it. I usually make an extra large lot and save the rest to use in other dishes. They make a great topping for things like pizza or focaccia and burgers. They can also be mixed in first courses, sauces and sauces to add depth of flavor. Although classic onion soup recipes French usually require cooking onions in butter, I use heart-healthy olive oil instead. Caramelized onions have so much intrinsic flavor, you don't miss butter. Once the onions are made to caramelize, just add some fresh herbs, beef broth, wine (or sherry) and some cognac and simmer until it's done. You can replace chicken broth or even vegetable broth if you want to make a vegetarian version. The soup is delicious on its own but classically, it is served with crispy bread and tons of Gruyere cheese that melts under broilers just before serving. To simplify the process and cut a few calories, toasted slices of French bread in the toaster oven with enough grated Gruyere cheese. It's such a strong flavor cheese, you'll find that it's a long way off. Enjoy your meal! 1 tablespoon oil 2 1/4 pounds of sweet yellow onions (about 3 large onions), thinly sliced (about 8 cups sliced) 1/2 teaspoon kosher salt plus extra to taste 1/2 teaspoon sugar 2 cloves of garlic, chopped 2-3 2-3 fresh thyme 1 bay leaf 1 tablespoon flour 1 cup dry white wine or sherry (I used a mixture of the two) 1/4 cup cognac or brandy 8 cups less sodium beef broth (can replace chicken or vegetable broth) black pepper 6 slices baguettes French (1 ounce each) 2 ounce Gruyere cheese, Grated Heat the oil in a large Dutch oven over medium heat and add the onions. Stir to coat the onions with the oil. Cook, stirring occasionally for 15 minutes until the onions begin to soften. Add the salt and sugar and stir to combine. Continue to cook the onions, stirring occasionally, until golden and caramelized, about 45 minutes. Take your time with this step as this is what will provide the rich flavor for your soup. If the onions begin to burn or catch the bottom, you can add a small amount of water to glaze the pan. Once the onions are caramelized, add the garlic, thyme and bay. Cook another minute or two and then stir in the flour. Cook, stirring, another 2-3 minutes. Raise the heat to the top and add the wine (or sherry) and cognac. Cook until reduced by half. Add the broth. Bring to a boil and reduce to a low heat. Simmer the soup, partially covered, 20-30 minutes. Adjust the seasoning with salt and black pepper. Complete the bread with equal amounts of grated cheese. Toast the bread in the toaster oven for a couple of minutes until the cheese melts and the bread is toasted. Alternatively, you can place the bread on a baking tray and place it under the broilers. Breastfeed the soup in bowls and finish each with a slice of cheese toast. Serve warm. Calories 290 Calories from Fat 56 \* Percent Daily Values are based on a 2000 calorie diet. Main information: French onion soup with cheese and croutons choose two servings - Panera Bread 1 Serving 190.0 calories 21.0 grams carbohydrates 9.0 grams fat 7.0 grams protein 1.0 grams fiber 15.0 mg cholesterol 4.5 grams saturated fat 114.0 mg sodium 0 grams sugar 0 grams trans fat Report a problem with this food Note: Any item purchased after clicking on our Amazon buttons will give us a small reference bonus. If you click on them, thank you! Please note that some foods may not be suitable for some people and you are advised to consult a doctor before starting any weight loss effort or diet. Although the information provided on this site is presented in good faith and deemed correct, FatSecret makes no statements or warranties about its completeness or accuracy and all information, including nutritional values, is used at your own risk. All trademarks, copyright and other forms of intellectual property are the property of their respective owners. Please note that some foods may not be suitable for some people and you are advised to consult a doctor before starting any weight loss effort or diet. Although the information provided on this site is presented in good faith and and To be corrected, FatSecret makes no statements or warranties about its completeness or accuracy, and all information, including nutritional values, is used by you at your own risk. All trademarks, copyright and other forms of intellectual property are the property of their respective owners. Be the first to evaluate and review! Instructions Checklist 290 calories; calories from fat 30%; fat 9.6 g; saturated fats 4.8 g; monogross 1.9 g; poly fat 0.7 g; proteins 16.8 g; carbohydrates 33.4g; 3.1g fiber; cholesterol 20mg; iron 1.6 mg; sodium 359mg; calcium 317mg. This classic recipe of onion soup French made with perfectly caramelized onions, French bread and two types of melted cheese on top! There's nothing better on a cool, cold day than a bowl of rich French onion soup. This recipe is for traditional onion soup French, the type that has crispy bread and melted gooey cheese on top. It's not exactly healthy, but definitely worth it. The secret to the best onion soup French is in caramelized onions. Onions are what makes this soup! And it's the best way to extract all the rich flavor from such a humble ingredient. Secondly, the taste of broth or broth will make or break this soup. There is a lot of variety when it comes to the taste of broths. Choose one you like and even enhance the flavor by adding a few cubes of broth or a teaspoon or two of Better Than Bouillon. I use it to make my own beef broth rather than keep boxes of broth on the shelf. Ingredients to make onion soup French Caramelize onions Caramelize onions is an easy process, but it will take some time. If you are using a mix of onions, including white or yellow, plan another 10 minutes for the onions to be completely brown. For the red onions, leave about 30 minutes of cooking. Onions need to be mixed every 3-5 minutes, so you'll have to plan to stay in the kitchen while the onions are cooking. How many calories in onion soup French? Calories in the classic onion soup French vary depending on the recipe. Onion soup French with this recipe and ingredients has 766 calories per bowl. Only soup, no bread or cheese added has only 270 calories per bowl. Can the onion French be frozen? Yes, it can. Let the soup cool to room temperature. Transfer to safe containers for the freezer, leaving at least 1-2 inches of space at the top for expansion. Freeze for up to 3 months. Thaw overnight in the refrigerator before warming up again. PIN print Made with perfectly caramelized onions, French bread and two of melted cheese on top! Dinner of the course, lunch, soup Total time 1 hour and 5 minutes Melt the butter in a large, heavy-bottomed pan over medium-high heat. Add the onion, stirring to coat with butter. Cook the onion until soft and caramelized, about 25-30 minutes. Add the garlic and cook 1 minute, until fragrant. Add the sherry, stir and and bottom of the pan for brown pieces, and cook until the sherry has evaporated. Now, add the beef broth, thyme and Worcestershire sauce. Bring to a simmer, cover and lower the heat to keep a low simmer. Cook for 30 minutes. Season to taste with salt and pepperTo face the slices of bread French. Preheat the oven chickens to medium setting or to 350 °F. Place the slices of bread on a parchment-lined baking tray and cook until golden brown. Flip the slices and brood the other way until golden brown. Add a slice of cheese to each slice of bread and sprinkle evenly with parmesan. Return to the brood until the cheese is melted and bubbling. To serve, the soup stirs in a bowl and float 2 slices of provolone bread over each Alternately, under the brood, toast the bread on both sides. Mixing soup in safe bowls for the oven. Top soup with 2 toasts, then 2 slices of provolone and a dusting of parmesan. Put the bowls on a baking tray and heat under the broilers until the cheese is dissolved and bubbling. Follow the recipe until step 2. Transfer to the slow cooker and cook high for 3-4 hours or low from 6 to 8 hours. At the end of the soup, resume the recipe in step 4. The taste of this soup depends a lot on the taste of beef broth. Avaro flavor if necessary with beef broth. I recommend the Better Than Bouillon for the best flavor. Sample the soup and add seasoning before seasoning with bread and cheese. Servings: 1bowl | Calories: 766kcal | Carbohydrates: 104g | Protein: 33g | Fat: 24g | Saturated fat: 14g | Cholesterol: 56mg | Sodium: 2607mg | Potassium: 921mg | Fiber: 9g | Sugar: 17g | Vitamin A: 658 IU | Vitamin C: 25mg | Football: 450mg | Iron: 7mg © copyright Christine Mello for Must Love Home. We'd love you to share a link to this recipe, but please don't copy/paste the recipe instructions on websites or social media. Instead, we are happy that you are conserting yourself with a link to this website. Mention @mustlovehome or tag #mustlovehomecooking! If you made this recipe, leave a comment and rating. I would appreciate the chance to resolve any issues you may have had before leaving the rating! Rating!