

French Onion Soup II

Mrs. Michael T. Delahaye

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 6

4 tablespoons butter

2 tablespoons oil

7 cups onion, thinly sliced

1 teaspoon salt

3 tablespoons flour

*6 cans (10-3/4 ounce ea) chicken or
beef stock*

salt (to taste)

pepper (to taste)

In a heavy four- to five-quart saucepan or soup kettle, melt the butter with the oil over moderate heat. Stir in the onions and salt. Cook, uncovered, over low heat, stirring occasionally, for 20 to 30 minutes or until the onions are a rich golden brown.

Sprinkle the flour over the onions and cook, stirring, for 2 to 3 minutes. Remove the pan from the heat.

In a saucepan, bring the stock to a simmer. Then stir the hot stock into the onions.

Return the soup to a low heat and simmer, partially covered, for another 30 to 40 minutes, occasionally skimming off the fat.

Taste for seasoning. Add salt and pepper, if needed.

Serve with croutons.

Per Serving (excluding unknown items): 193 Calories; 13g Fat (56.6% calories from fat); 3g Protein; 19g Carbohydrate; 3g Dietary Fiber; 21mg Cholesterol; 439mg Sodium. Exchanges: 0 Grain(Starch); 3 Vegetable; 2 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	193	Vitamin B6 (mg):	.2mg
% Calories from Fat:	56.6%	Vitamin B12 (mcg):	trace

% Calories from Carbohydrates: 38.2%
 % Calories from Protein: 5.3%
 Total Fat (g): 13g
 Saturated Fat (g): 5g
 Monounsaturated Fat (g): 5g
 Polyunsaturated Fat (g): 1g
 Cholesterol (mg): 21mg
 Carbohydrate (g): 19g
 Dietary Fiber (g): 3g
 Protein (g): 3g
 Sodium (mg): 439mg
 Potassium (mg): 299mg
 Calcium (mg): 42mg
 Iron (mg): 1mg
 Zinc (mg): trace
 Vitamin C (mg): 12mg
 Vitamin A (i.u.): 289IU
 Vitamin A (r.e.): 71 1/2RE

Thiamin B1 (mg): .1mg
 Riboflavin B2 (mg): .1mg
 Folic Acid (mcg): 37mcg
 Niacin (mg): 1mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Daily Value

Food Exchanges

Grain (Starch): 0
 Lean Meat: 0
 Vegetable: 3
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 2 1/2
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 193 Calories from Fat: 109

% Daily Values*

Total Fat 13g 19%
 Saturated Fat 5g 27%
Cholesterol 21mg 7%
Sodium 439mg 18%
Total Carbohydrates 19g 6%
 Dietary Fiber 3g 14%
Protein 3g

Vitamin A 6%
Vitamin C 20%
Calcium 4%
Iron 3%

* Percent Daily Values are based on a 2000 calorie diet.