

# Italian Onion Soup

*Publix Flavor Excursion*

## Servings: 4

*2 tablespoons extra-virgin olive oil  
1 tablespoon garlic, finely chopped  
8 cups (four medium) onions, thinly sliced  
1/4 teaspoon sea salt  
1 tablespoon fresh sage leaves, chopped  
1/4 cup balsamic vinegar  
1 carton (32 ounce) beef flavored broth  
4 slices (3/4 inch thick) Italian country bread  
1 cup (4 ounce) mozzarella cheese, shredded*

In a twelve- to fourteen-inch skillet, heat the oil over medium-high heat. Add the garlic. Cook and stir until the garlic begins to brown. Stir in the onions and salt. Cook for about 7 minutes. Reduce the heat to medium. Cook about 10 minutes longer, stirring occasionally, until the onions are golden brown.

Stir in the sage and vinegar. Cook for 2 to 4 minutes, stirring occasionally, until the liquid has evaporated. Stir in the broth. Simmer over medium heat for 10 minutes, stirring occasionally.

Meanwhile, set the oven control to broil. Sprinkle the bread with cheese. Place on a cookie sheet. Broil with the tops four to six inches from the heat until the cheese is melted (watch carefully).

Place one slice of bread on each serving of soup.

Start to Finish Time: 35 minutes

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Per Serving (excluding unknown items): 239 Calories; 14g Fat (51.2% calories from fat); 9g Protein; 21g Carbohydrate; 4g Dietary Fiber; 25mg Cholesterol; 242mg Sodium. Exchanges: 1 Lean Meat; 3 1/2 Vegetable; 0 Fruit; 2 1/2 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	239	Vitamin B6 (mg):	.3mg
% Calories from Fat:	51.2%	Vitamin B12 (mcg):	.2mcg
			.1mg

% Calories from Carbohydrates:	34.5%
% Calories from Protein:	14.2%
Total Fat (g):	14g
Saturated Fat (g):	5g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	25mg
Carbohydrate (g):	21g
Dietary Fiber (g):	4g
Protein (g):	9g
Sodium (mg):	242mg
Potassium (mg):	392mg
Calcium (mg):	212mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	15mg
Vitamin A (i.u.):	256IU
Vitamin A (r.e.):	77RE

Thiamin B1 (mg):	
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	44mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 239 Calories from Fat: 122

### % Daily Values\*

<b>Total Fat</b>	14g	22%
Saturated Fat	5g	27%
<b>Cholesterol</b>	25mg	8%
<b>Sodium</b>	242mg	10%
<b>Total Carbohydrates</b>	21g	7%
Dietary Fiber	4g	16%
<b>Protein</b>	9g	

<b>Vitamin A</b>	5%
<b>Vitamin C</b>	25%
<b>Calcium</b>	21%
<b>Iron</b>	4%

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