



## 30-Minute Beer Cheese Soup

 Gluten Free

READY IN



30 min.

SERVINGS



5

CALORIES



806 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup butter
- 0.8 cup carrots finely chopped
- 0.5 cup celery finely chopped
- 0.3 cup onion finely chopped
- 1 cup oats
- 0.5 teaspoon paprika
- 0.1 teaspoon pepper black
- 0.1 teaspoon ground pepper red (cayenne)

- 3 cups chicken broth (from 32-oz carton)
- 1 cup whipping cream
- 16 oz sharp cheddar cheese shredded
- 12 oz beer canned

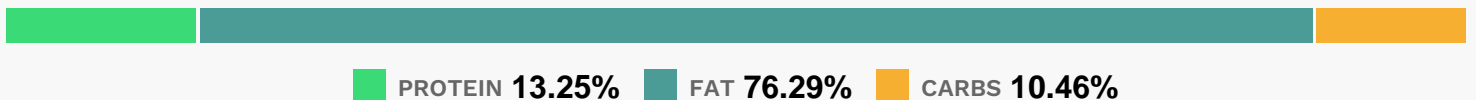
## Equipment

- dutch oven

## Directions

- In 4-quart Dutch oven, melt butter over medium heat.
- Add carrots, celery and onion; cook about 10 minutes, stirring occasionally, until celery and onions are transparent.
- Stir in flour, paprika, black pepper and ground red pepper.
- Add broth; heat to boiling over medium heat. Boil and stir 1 minute.
- Reduce heat; stir in whipping cream and cheese.
- Heat until cheese is melted, stirring occasionally. Stir in beer. If desired, serve with popcorn.

## Nutrition Facts



## Properties

Glycemic Index:63.47, Glycemic Load:8.61, Inflammation Score:-10, Nutrition Score:23.168260988982%

## Flavonoids

Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

## Nutrients (% of daily need)

Calories: 806.4kcal (40.32%), Fat: 67.82g (104.34%), Saturated Fat: 32.38g (202.35%), Carbohydrates: 20.92g (6.97%), Net Carbohydrates: 18.46g (6.71%), Sugar: 3.94g (4.37%), Cholesterol: 147.33mg (49.11%), Sodium: 1368.34mg (59.49%), Alcohol: 2.65g (100%), Alcohol %: 0.79% (100%), Protein: 26.51g (53.01%), Vitamin A: 5796.17IU (115.92%), Calcium: 708.56mg (70.86%), Phosphorus: 550.07mg (55.01%), Selenium: 33.71µg (48.15%), Manganese: 0.84mg (41.79%), Vitamin B2: 0.64mg (37.63%), Zinc: 4.15mg (27.68%), Magnesium: 82.52mg (20.63%), Vitamin B12: 1.1µg (18.37%), Vitamin E: 2.22mg (14.81%), Vitamin B1: 0.18mg (11.87%), Folate: 39.42µg (9.85%), Fiber: 2.46g (9.82%), Vitamin K: 10.03µg (9.55%), Potassium: 332.02mg (9.49%), Vitamin B6: 0.18mg (8.9%), Vitamin D: 1.31µg (8.71%), Vitamin B5: 0.76mg (7.64%), Copper: 0.14mg (6.86%), Iron: 1.2mg (6.68%), Vitamin B3: 1.13mg (5.65%), Vitamin C: 2.41mg (2.92%)