



Ale and Cheddar Soup

 Popular

READY IN



50 min.

SERVINGS



4

CALORIES



706 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce bottle/can ale gluten free for ()
- ☐ 0.5 pound bacon smoked with 2 tablespoons of oil or butter for vegetarian) cut into 1 inch slices (omit and replace (preferably or double)
- ☐ 2 tablespoons butter
- ☐ 4 servings cayenne to taste
- ☐ 2 stalks celery diced
- ☐ 1 teaspoon dijon mustard
- ☐ 2 cloves garlic chopped
- ☐ 0.3 cup flour gluten free for (rice flour)

- ☐ 0.5 cup heavy cream
- ☐ 1 onion diced
- ☐ 2 cups cheddar cheese shredded
- ☐ 1 teaspoon thyme leaves chopped
- ☐ 2 cups vegetable broth
- ☐ 1 tablespoon worcestershire sauce

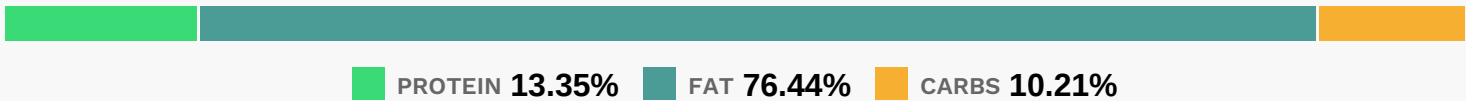
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook the bacon in a pan over medium heat and set aside on paper towels to drain, reserving 2 tablespoons of the grease in the pan.
- ☐ Add the onion, celery and jalapeno and cook until tender, about 10 minutes.
- ☐ Add the garlic and thyme and cook until fragrant, about a minute.
- ☐ Add the butter and let it melt and get all bubbly then sprinkle on the flour and let it cook until it starts to turn golden brown, about 2–3 minutes.
- ☐ Add the ale and broth and deglaze the pan before adding the bacon and then let cook for 10 minutes.
- ☐ Add the mustard, Worcestershire sauce, cream, and cheese and cook until the cheese has melted without bringing it back to a boil.Season with cayenne, salt and pepper to taste and enjoy.

Nutrition Facts



Properties

Glycemic Index:82.13, Glycemic Load:3.1, Inflammation Score:-9, Nutrition Score:15.138261007226%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 706.31kcal (35.32%), Fat: 58.51g (90.01%), Saturated Fat: 28.85g (180.34%), Carbohydrates: 17.58g (5.86%), Net Carbohydrates: 15.87g (5.77%), Sugar: 4.2g (4.67%), Cholesterol: 142.59mg (47.53%), Sodium: 1551.49mg (67.46%), Alcohol: 3.32g (100%), Alcohol %: 1.01% (100%), Protein: 23g (45.99%), Calcium: 456.52mg (45.65%), Selenium: 29.74µg (42.48%), Phosphorus: 390.76mg (39.08%), Vitamin A: 1568.12IU (31.36%), Vitamin B2: 0.4mg (23.76%), Zinc: 2.94mg (19.63%), Vitamin B12: 0.96µg (15.98%), Vitamin B6: 0.31mg (15.43%), Vitamin B3: 2.92mg (14.6%), Vitamin B1: 0.21mg (13.92%), Potassium: 345.8mg (9.88%), Magnesium: 36.67mg (9.17%), Vitamin K: 8.85µg (8.43%), Folate: 31.49µg (7.87%), Vitamin E: 1.17mg (7.81%), Vitamin B5: 0.76mg (7.64%), Vitamin D: 1.04µg (6.95%), Fiber: 1.71g (6.83%), Iron: 1.1mg (6.11%), Manganese: 0.11mg (5.72%), Vitamin C: 4.66mg (5.65%), Copper: 0.08mg (4.23%)