

Baby Doe's Cheese Soup with Beer

READY IN



35 min.

SERVINGS



6

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 tablespoons chicken powder
- 6 tablespoons cornstarch
- 12 fluid ounces beer dark
- 2 quarts milk
- 16 ounce nacho cheese dip
- 1 tablespoon hot sauce hot
- 0.5 tablespoon salt
- 0.5 cup water
- 1 tablespoon worcestershire sauce

Equipment

bowl

pot

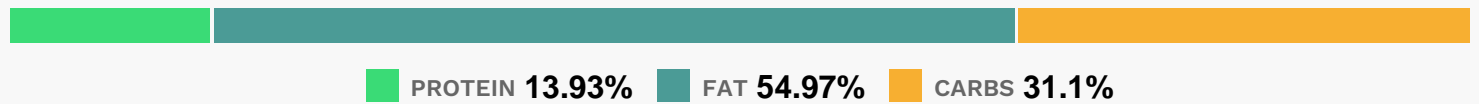
Directions

In a large pot over medium heat, combine the milk, bouillon, Worcestershire sauce, hot pepper sauce and salt. Bring close to a boil.

In a small bowl, dissolve the cornstarch in the water and add to the soup, stirring well.

Add the beer and the cheese sauce, reduce heat to low and mix well. Allow to heat through before serving.

Nutrition Facts



Properties

Glycemic Index:13.08, Glycemic Load:6.45, Inflammation Score:-7, Nutrition Score:11.669565058273%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 399.11kcal (19.96%), Fat: 23.81g (36.63%), Saturated Fat: 8.94g (55.85%), Carbohydrates: 30.31g (10.1%), Net Carbohydrates: 30.23g (10.99%), Sugar: 18.72g (20.81%), Cholesterol: 44.82mg (14.94%), Sodium: 1718.51mg (74.72%), Alcohol: 2.31g (100%), Alcohol %: 0.6% (100%), Protein: 13.58g (27.16%), Calcium: 451mg (45.1%), Phosphorus: 331.94mg (33.19%), Vitamin B12: 1.72µg (28.65%), Vitamin B2: 0.46mg (27.11%), Vitamin D: 3.47µg (23.13%), Vitamin A: 922.01IU (18.44%), Potassium: 519.15mg (14.83%), Vitamin B1: 0.18mg (12.24%), Vitamin B5: 1.21mg (12.11%), Vitamin B6: 0.22mg (11.21%), Magnesium: 43.03mg (10.76%), Selenium: 6.94µg (9.91%), Zinc: 1.32mg (8.78%), Vitamin B3: 0.69mg (3.45%), Vitamin C: 2mg (2.43%), Manganese: 0.03mg (1.3%), Iron: 0.23mg (1.27%), Vitamin E: 0.17mg (1.12%), Folate: 4.31µg (1.08%)