



Bacon Double Cheeseburger Soup



Gluten Free



Popular

READY IN



60 min.

SERVINGS



4

CALORIES



1041 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices bacon smoked cut into one inch pieces (preferably)
- ☐ 1 tablespoon bacon grease oil
- ☐ 2 cups beef broth
- ☐ 12 ounce bottle/can beer gluten free for ()
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 2 carrots diced
- ☐ 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)
- ☐ 2 hamburger buns gluten free for cut into 1 inch cubes (or omit)
- ☐ 1 pound ground beef
- ☐ 1 jalapeño diced seeded finely
- ☐ 2 tablespoons catsup
- ☐ 2 cups lettuce shredded
- ☐ 1 cup milk
- ☐ 1 onion diced
- ☐ 4 tablespoons pickle diced
- ☐ 1 cup cheddar shredded
- ☐ 1 cup mozzarella cheese shredded
- ☐ 1 tablespoon worcestershire sauce
- ☐ 1 large yukon gold boiling peeled cut into bite sized pieces

Equipment

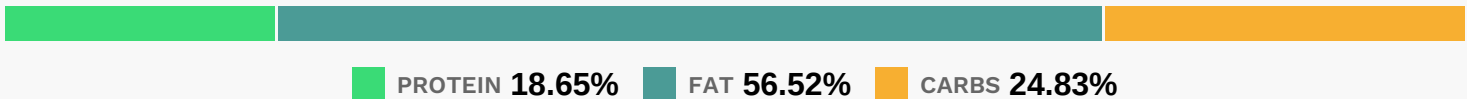
- ☐ frying pan
- ☐ paper towels
- ☐ oven

Directions

- ☐ Cook the ground beef in a large sauce an over medium heat, about 8–10 minutes, and set aside.Cook the bacon in the pan, about 5–7 minutes, and set aside on paper towels reserving about 2 tablespoons of the bacon grease in the pan and 1 tablespoon for later.
- ☐ Add the onions, carrots, celery and jalapeno and cook until tender, about 10–15 minutes.
- ☐ Add the garlic and cook until fragrant, about a minute
- ☐ Mix in the flour and let it cook for 2–3 minutes.

- ☐
- Add the broth, beer, bacon, beef, potato, ketchup, mustard, worcestershire sauce and tomatoes, bring to a boil, reduce the heat and simmer until the potatoes are tender, about 10–15 minutes.
- ☐
- Add the lettuce, milk and cheese and cook until the cheese has melted without bringing it back to a boil.Season with cayenne, salt and pepper and enjoy!While the soup is cooking, toss the bun cubes in the reserved bacon grease and bake in a preheated 400F/200C oven until lightly golden brown, about 10 minutes, turning half way through.
- ☐
- Serve garnished with the croutons and pickle.

Nutrition Facts



Properties

Glycemic Index:100.58, Glycemic Load:6.77, Inflammation Score:-10, Nutrition Score:39.734782550646%

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: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.12mg, Quercetin: 7.12mg, Quercetin: 7.12mg, Quercetin: 7.12mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 1041.22kcal (52.06%), Fat: 64.65g (99.47%), Saturated Fat: 27.07g (169.19%), Carbohydrates: 63.9g (21.3%), Net Carbohydrates: 56.32g (20.48%), Sugar: 16.56g (18.4%), Cholesterol: 170.57mg (56.86%), Sodium: 2041.99mg (88.78%), Alcohol: 3.32g (100%), Alcohol %: 0.48% (100%), Protein: 48.01g (96.03%), Vitamin A: 6288.9IU (125.78%), Phosphorus: 691.38mg (69.14%), Vitamin B12: 4.01µg (66.92%), Selenium: 43.21µg (61.72%), Calcium: 555.8mg (55.58%), Vitamin B3: 11.01mg (55.07%), Zinc: 8.23mg (54.84%), Vitamin B6: 1.07mg (53.42%), Potassium: 1665.19mg (47.58%), Vitamin B2: 0.7mg (40.99%), Vitamin C: 28.65mg (34.72%), Iron: 5.88mg (32.69%), Vitamin K: 33.78µg (32.17%), Fiber: 7.58g (30.33%), Vitamin B1: 0.45mg (29.91%), Manganese: 0.56mg (28%), Magnesium: 108.65mg (27.16%), Copper: 0.48mg (24.15%), Folate: 85.23µg (21.31%), Vitamin B5: 2.03mg (20.33%), Vitamin E: 2.85mg (19.01%), Vitamin D: 1.33µg (8.86%)