



## Beer and Gouda and Soup

READY IN



55 min.

SERVINGS



6

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup butter
- 4 cups chicken broth
- 4 slices bacon crumbled cooked
- 0.3 cup flour all-purpose
- 0.3 cup chives fresh chopped
- 1 clove garlic minced
- 1 cup gouda cheese shredded
- 0.5 teaspoon ground pepper black
- 2 cups milk

- 0.5 cup sharp cheddar cheese shredded white
- 1 onion sweet minced (such as Vidalia)

## Equipment

- bowl
- sauce pan
- ladle
- oven
- microwave

## Directions

- Melt 1 teaspoon butter in a large saucepan over medium heat; add sweet onion and cook until softened, about 4 minutes. Stir garlic into the onion; cook and stir together until garlic is fragrant, about 1 minute.
- Pour light beer into the saucepan, bring to a simmer, and cook until onion is completely tender, about 10 minutes.
- Stir chicken broth into the beer mixture; bring to a boil. Stream milk into the saucepan while stirring to form the base of the soup.
- Heat 1/4 cup butter in a microwave-safe bowl in microwave oven until melted and hot, 30 to 60 seconds. Stir flour into the melted butter until the mixture binds into a roux; pour into the soup. Cook and stir soup until it begins to simmer and thicken, 7 to 10 minutes.
- Remove soup from heat. Melt Gouda cheese and Cheddar cheese into the soup a handful at a time, stirring each addition into the liquid until smooth; season with black pepper. Ladle soup into bowls; garnish with bacon and chives to serve.

## Nutrition Facts

 **PROTEIN 20.13%**  **FAT 64.57%**  **CARBS 15.3%**

## Properties

Glycemic Index:54, Glycemic Load:4.7, Inflammation Score:-6, Nutrition Score:12.712173814359%

## Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 8.1mg, Quercetin: 8.1mg, Quercetin: 8.1mg, Quercetin: 8.1mg

## Nutrients (% of daily need)

Calories: 368.05kcal (18.4%), Fat: 26.6g (40.92%), Saturated Fat: 15.8g (98.72%), Carbohydrates: 14.17g (4.72%), Net Carbohydrates: 13.44g (4.89%), Sugar: 8.32g (9.24%), Cholesterol: 92.88mg (30.96%), Sodium: 1151.77mg (50.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.65g (37.31%), Calcium: 466.75mg (46.67%), Phosphorus: 392.32mg (39.23%), Vitamin B2: 0.43mg (25.47%), Selenium: 15.49µg (22.13%), Vitamin B12: 1.25µg (20.86%), Zinc: 2.62mg (17.49%), Vitamin A: 763.64IU (15.27%), Vitamin B1: 0.19mg (12.62%), Vitamin B6: 0.2mg (9.97%), Manganese: 0.2mg (9.75%), Potassium: 314.42mg (8.98%), Folate: 34.55µg (8.64%), Magnesium: 34.37mg (8.59%), Vitamin D: 1.17µg (7.8%), Vitamin B3: 1.42mg (7.1%), Vitamin B5: 0.65mg (6.48%), Vitamin K: 6.05µg (5.76%), Copper: 0.09mg (4.6%), Vitamin C: 3.77mg (4.57%), Iron: 0.71mg (3.94%), Vitamin E: 0.53mg (3.53%), Fiber: 0.73g (2.93%)