



Beer-Cheddar Soup

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



178 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 12 ounce beer
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 5 ounces cheddar cheese shredded
- ☐ 4 cups fat-skimmed beef broth fat-free divided
- ☐ 2.3 ounces flour all-purpose
- ☐ 0.3 cup chives fresh finely chopped
- ☐ 2 garlic clove minced
- ☐ 2 cups milk 2% divided reduced-fat

- ☐ 2 cups onion chopped (2 medium)
- ☐ 10 ounce sourdough bread cut into 1-inch cubes

Equipment

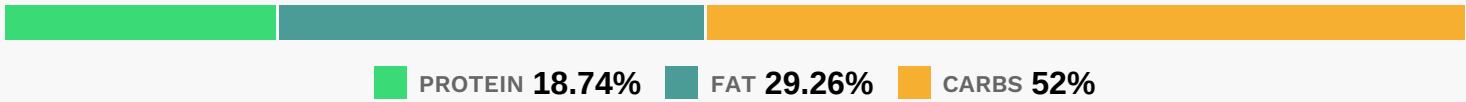
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ measuring cup
- ☐ dutch oven

Directions

- ☐ Preheat oven to 450
- ☐ Arrange bread cubes in a single layer on a jelly-roll pan; coat bread cubes with cooking spray.
- ☐ Bake at 450 for 10 minutes or until toasted. Set aside.
- ☐ Heat a Dutch oven over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion; saut 4 minutes.
- ☐ Add garlic; saut 1 minute. Stir in beer; bring to a boil. Reduce heat; simmer 20 minutes or until onion is very tender.
- ☐ Place beer mixture and 1 cup broth in a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- ☐ Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Return pureed mixture to pan. Stir in remaining 3 cups broth; bring to a boil. Reduce heat, and simmer 10 minutes.
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and 1 cup milk, stirring with a whisk until smooth.
- ☐ Add flour mixture and remaining 1 cup milk to pan; cook 12 minutes or until slightly thickened.
- ☐ Remove pan from heat. Gradually add cheese, stirring until smooth. Stir in pepper.

Serve with bread cubes and chives.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:13.48, Inflammation Score:-5, Nutrition Score:7.9043479315613%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 178.45kcal (8.92%), Fat: 5.58g (8.59%), Saturated Fat: 2.91g (18.18%), Carbohydrates: 22.33g (7.44%), Net Carbohydrates: 21.17g (7.7%), Sugar: 4.4g (4.89%), Cholesterol: 14.96mg (4.99%), Sodium: 549.86mg (23.91%), Alcohol: 1.11g (100%), Alcohol %: 0.66% (100%), Protein: 8.05g (16.09%), Selenium: 14.93µg (21.33%), Vitamin B2: 0.28mg (16.69%), Vitamin B1: 0.25mg (16.59%), Calcium: 155.95mg (15.59%), Phosphorus: 142.17mg (14.22%), Folate: 51.65µg (12.91%), Manganese: 0.23mg (11.43%), Vitamin B3: 2.1mg (10.51%), Vitamin B12: 0.49µg (8.18%), Iron: 1.39mg (7.73%), Zinc: 0.98mg (6.53%), Vitamin B6: 0.11mg (5.69%), Magnesium: 21.92mg (5.48%), Potassium: 171.8mg (4.91%), Fiber: 1.16g (4.63%), Vitamin B5: 0.43mg (4.32%), Copper: 0.08mg (3.97%), Vitamin A: 195.56IU (3.91%), Vitamin C: 2.69mg (3.26%), Vitamin K: 2.5µg (2.38%), Vitamin E: 0.16mg (1.07%)