



Beer Cheese Soup

READY IN



35 min.

SERVINGS



35

CALORIES



14 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup beer
- 1 Tbsp butter
- 1 Tbsp flour
- 1 clove garlic minced
- 1.8 cups milk
- 0.5 cup onions finely chopped
- 3 drops pepper sauce hot
- 0.5 tsp lea & perrins worcestershire sauce
- 8 oz velveeta cut into 1/2-inch cubes

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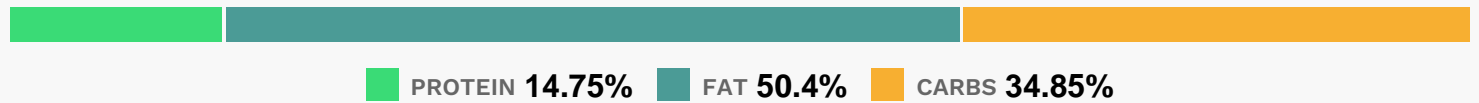
Equipment

sauce pan

Directions

- Melt butter in large saucepan on medium heat.
- Add onions and garlic; cook 3 min. or until crisp-tender, stirring frequently.
- Add flour; mix well. Cook 2 min. or until hot and bubbly, stirring frequently.
- Stir in milk until blended; bring to boil, stirring constantly. Cook and stir 3 to 5 min. or until thickened. Simmer on low heat 5 min., stirring occasionally.
- Add remaining ingredients; mix well. Cook 5 min. or until VELVEETA is completely melted and soup is heated through, stirring constantly.

Nutrition Facts



Properties

Glycemic Index:6.01, Glycemic Load:0.44, Inflammation Score:-1, Nutrition Score:0.54434782282814%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 13.54kcal (0.68%), Fat: 0.72g (1.1%), Saturated Fat: 0.3g (1.84%), Carbohydrates: 1.12g (0.37%), Net Carbohydrates: 1.07g (0.39%), Sugar: 0.69g (0.77%), Cholesterol: 1.46mg (0.49%), Sodium: 12.03mg (0.52%), Alcohol: 0.13g (100%), Alcohol %: 0.89% (100%), Protein: 0.47g (0.94%), Calcium: 16.07mg (1.61%), Phosphorus: 13.97mg (1.4%), Vitamin B2: 0.02mg (1.16%), Vitamin B12: 0.07µg (1.12%)