



## Beer Cheese Soup

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**6**

CALORIES



**416 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup beer
- 2 tablespoons butter
- 0.3 teaspoon cayenne pepper spice islands®
- 2.5 cups chicken broth
- 1 tablespoon cornstarch argo®
- 2 tablespoons cornstarch argo®
- 0.5 teaspoon ground pepper white spice islands®
- 1 cup heavy cream

- 12 ounces co-jack cheese shredded
- 0.5 cup onion finely chopped
- 0.5 teaspoon thyme leaves spice islands®

## Equipment

- pot

## Directions

- MELT butter in a large pot set over medium heat.
- Add onion, thyme, white and cayenne peppers; cook until onions are tender, 3 to 4 minutes.
- Combine chicken broth, beer and 2 tablespoons corn starch, stirring until corn starch is dissolved.
- Add to pot and bring to a boil. Reduce heat. SIMMER 5 minutes.
- Add cream. TOSS cheese with 1 tablespoon corn starch. Gradually add cheese to soup, stirring until melted before adding more cheese. If desired, add hot sauce. SERVE immediately. Delicious served with Peppered Parmesan Shortbread.

## Nutrition Facts



**PROTEIN 15.41%** **FAT 77.08%** **CARBS 7.51%**

## Properties

Glycemic Index:28.58, Glycemic Load:0.68, Inflammation Score:-7, Nutrition Score:9.13304347059%

## Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 415.74kcal (20.79%), Fat: 35.5g (54.61%), Saturated Fat: 20.76g (129.72%), Carbohydrates: 7.78g (2.59%), Net Carbohydrates: 7.43g (2.7%), Sugar: 2.44g (2.71%), Cholesterol: 97.24mg (32.41%), Sodium: 759.91mg (33.04%), Alcohol: 0.77g (100%), Alcohol %: 0.41% (100%), Protein: 15.97g (31.94%), Calcium: 459.64mg (45.96%), Phosphorus: 287.59mg (28.76%), Vitamin A: 1230.86IU (24.62%), Vitamin B2: 0.37mg (21.5%), Selenium: 10.11µg (14.45%), Zinc: 1.9mg (12.66%), Vitamin B12: 0.56µg (9.37%), Vitamin D: 0.97µg (6.5%), Magnesium: 22.38mg (5.6%), Vitamin E: 0.72mg (4.82%), Vitamin B6: 0.09mg (4.35%), Manganese: 0.08mg (4.21%), Folate: 15.73µg (3.93%), Potassium: 130.91mg (3.74%), Iron: 0.63mg (3.48%), Vitamin B1: 0.05mg (3%), Vitamin K: 2.81µg (2.67%), Vitamin B5: 0.26mg (2.58%), Copper: 0.05mg (2.41%), Vitamin B3: 0.42mg (2.1%), Vitamin C: 1.6mg (1.94%), Fiber: 0.35g (1.41%)