



Beer Cheese Soup

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup beer
- ☐ 0.5 cup butter
- ☐ 0.5 cup celery finely chopped
- ☐ 3 cups chicken broth (from 32-oz carton)
- ☐ 0.1 teaspoon ground pepper red (cayenne)
- ☐ 1 cup milk
- ☐ 0.3 cup onion finely chopped
- ☐ 0.1 teaspoon pepper

- ☐ 1 lb sharp cheddar cheese shredded
- ☐ 1 cup frangelico
- ☐ 1 cup frangelico

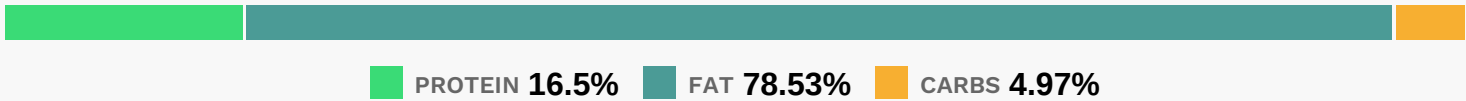
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ In 4-quart Dutch oven, melt butter over medium heat.
- ☐ Add carrots, celery and onion; cook about 10 minutes, stirring occasionally, until crisp-tender.
- ☐ In large bowl, mix broth, Bisquick mix, pepper and red pepper until smooth. Gradually stir into vegetable mixture.
- ☐ Heat to boiling over medium heat, stirring occasionally. Boil and stir 1 minute.
- ☐ Stir in milk and cheese.
- ☐ Heat until cheese is melted. Stir in beer.

Nutrition Facts



Properties

Glycemic Index:38.08, Glycemic Load:1.69, Inflammation Score:-8, Nutrition Score:12.85652201072%

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: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 488.44kcal (24.42%), Fat: 42.51g (65.4%), Saturated Fat: 18.45g (115.34%), Carbohydrates: 6.05g (2.02%), Net Carbohydrates: 5.78g (2.1%), Sugar: 3.11g (3.46%), Cholesterol: 82.83mg (27.61%), Sodium: 1131.99mg (49.22%), Alcohol: 0.77g (100%), Alcohol %: 0.34% (100%), Protein: 20.1g (40.2%), Calcium: 600.81mg (60.08%), Phosphorus: 403.26mg (40.33%), Selenium: 22.83µg (32.61%), Vitamin A: 1557.87IU (31.16%), Vitamin B2: 0.48mg (28.11%), Zinc: 3.05mg (20.33%), Vitamin B12: 1.07µg (17.79%), Vitamin E: 1.26mg (8.38%), Magnesium: 29.94mg (7.49%), Vitamin D: 0.9µg (6.01%), Folate: 21.59µg (5.4%), Potassium: 186.63mg (5.33%), Vitamin B5: 0.53mg (5.28%), Vitamin B1: 0.08mg (5.15%), Vitamin B6: 0.1mg (5.15%), Manganese: 0.09mg (4.41%), Vitamin K: 4.53µg (4.32%), Copper: 0.05mg (2.51%), Vitamin B3: 0.48mg (2.42%), Iron: 0.25mg (1.36%), Fiber: 0.27g (1.08%)