



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 ground pepper spice islands®
- ☐ 2.5 cups chicken broth
- ☐ 1 tablespoon cornstarch argo®
- ☐ 2 tablespoons cornstarch argo®
- ☐ 0.5 teaspoon pepper white spice islands®
- ☐ 1 cup cup heavy whipping cream

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

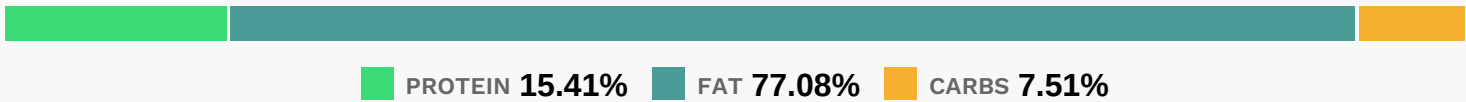
Equipment

- ☐ 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



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%)