



Beer-Cheese Soup With Pretzel Croutons

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



99 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups skim milk fat-free
- ☐ 5 tablespoons flour all-purpose
- ☐ 4 tablespoons chives fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 12 ounce beer light canned
- ☐ 16 pretzels unsalted (such as Paul Newman's)
- ☐ 2 ounces processed cheese food light cubed (such as Velveeta)

☐ 0.5 cup water

Equipment

☐ bowl

☐ sauce pan

☐ ladle

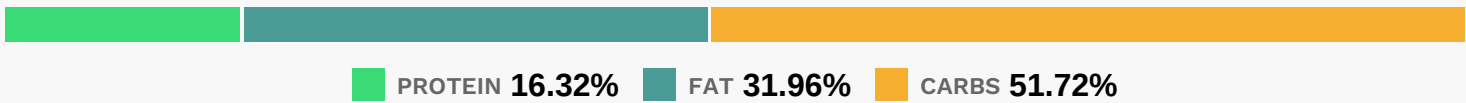
☐ whisk

Directions

☐ Combine first 4 ingredients in a large saucepan; cook, uncovered, over medium-low heat, stirring frequently, until cheese melts.

☐ Combine flour and water, stirring with a whisk; add to cheese mixture. Cover and cook over medium-low heat 15 minutes, stirring constantly, or until mixture is slightly thick. Stir in red pepper. Ladle into bowls; sprinkle with chives, and top with pretzels.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:3.99, Inflammation Score:-3, Nutrition Score:4.6226086836794%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 99.39kcal (4.97%), Fat: 3.21g (4.93%), Saturated Fat: 1.8g (11.22%), Carbohydrates: 11.68g (3.89%), Net Carbohydrates: 11.42g (4.15%), Sugar: 3.24g (3.6%), Cholesterol: 10.04mg (3.35%), Sodium: 204.89mg (8.91%), Alcohol: 1.32g (100%), Alcohol %: 1.27% (100%), Protein: 3.69g (7.37%), Phosphorus: 148.87mg (14.89%), Calcium: 136.24mg (13.62%), Vitamin B2: 0.2mg (11.49%), Selenium: 5.06µg (7.23%), Vitamin B12: 0.42µg (7.03%), Vitamin B1: 0.08mg (5.58%), Zinc: 0.73mg (4.85%), Folate: 19.33µg (4.83%), Potassium: 156.5mg (4.47%), Magnesium: 15.99mg (4%), Vitamin A: 183.68IU (3.67%), Manganese: 0.07mg (3.52%), Vitamin B5: 0.35mg (3.47%), Vitamin K: 3.62µg (3.45%), Vitamin B6: 0.07mg (3.33%), Vitamin B3: 0.64mg (3.22%), Iron: 0.4mg (2.23%), Vitamin C: 1.49mg (1.81%), Copper: 0.03mg (1.56%), Fiber: 0.26g (1.03%)