



Beer Mac n Cheese Soup

 Popular

READY IN



50 min.

SERVINGS



4

CALORIES



1240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 strips bacon cut into 1 inch slices (or 1 tablespoon oil)
- ☐ 0.3 cup baking soda
- ☐ 12 ounce bottle/can beer gluten free for ()
- ☐ 2.8 cups bread flour
- ☐ 2 carrots diced
- ☐ 4 servings cayenne to taste
- ☐ 2 stalks celery diced
- ☐ 1 teaspoon celery seeds

- ☐ 4 servings coarse salt
- ☐ 1 teaspoon dijon mustard
- ☐ 1 egg white beaten to blend (glaze)
- ☐ 2 cloves garlic chopped
- ☐ 1 cup elbow macaroni gluten free for ()
- ☐ 0.3 cup flour gluten free for (rice flour)
- ☐ 0.5 cup heavy cream
- ☐ 1 jalapeno diced
- ☐ 1 pinch nutmeg
- ☐ 1 onion diced
- ☐ 1 teaspoon salt
- ☐ 3 cups cheddar cheese shredded
- ☐ 1 teaspoon sugar
- ☐ 2 tablespoons sugar
- ☐ 2 cups vegetable broth
- ☐ 1 cup water hot (125°F to 130°F)
- ☐ 8 cups water
- ☐ 1 tablespoon worcestershire sauce
- ☐ 1 envelope quick-rising yeast

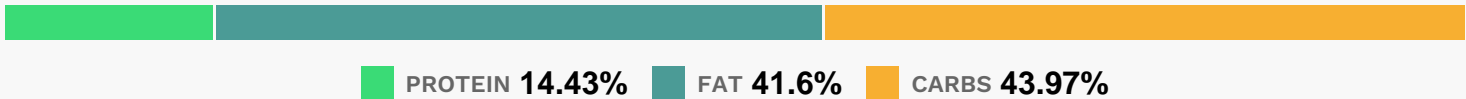
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ serrated knife

Directions

- ☐ Cook the bacon in a pan over medium heat and set aside on paper towels to drain, reserving 1 tablespoon of the grease in the pan.
- ☐ Add the onion, carrot, celery and jalapeno and cook until tender, about 10–15 minutes.
- ☐ Add the garlic and cook until fragrant, about a minute.
- ☐ Mix in the flour and let it cook for 2–3 minutes.
- ☐ Add the broth, beer, nutmeg, mustard, worcestershire sauce, bacon and macaroni and let cook until the macaroni is al-dente, about 7–8 minutes.
- ☐ Add the cream and cheese and cook until the cheese has melted without bringing it back to a boil. Season with cayenne, salt and pepper to taste.
- ☐ Mix the bread flour, 1 envelope yeast, 1 teaspoon salt, 1 teaspoon sugar and celery seeds in food processor and gradually pour in the hot water until it forms an elastic dough.
- ☐ Place the dough in a greased bowl and cover until it has doubled in size, about 1–2 hours. Punch the dough down, form it into 8 balls cutting a x on the top of each with a serrated knife, cover and let rise until double in size, about 1–2 hours. Bring the water to a boil, add the baking soda and sugar and cook the rolls for 30 seconds per side.
- ☐ Place the rolls on a greased baking sheet, brush the tops with the egg, sprinkle on some salt and bake in a preheated 375F/190C oven until golden brown about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:147.38, Glycemic Load:49.58, Inflammation Score:-10, Nutrition Score:30.957826096079%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Apigenin: 0.97mg, Apigenin: 0.97mg, Apigenin: 0.97mg, Apigenin: 0.97mg Luteolin: 4.11mg, Luteolin: 4.11mg, Luteolin: 4.11mg, Luteolin: 4.11mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 1239.67kcal (61.98%), Fat: 56.53g (86.97%), Saturated Fat: 28.38g (177.38%), Carbohydrates: 134.41g (44.8%), Net Carbohydrates: 128.1g (46.58%), Sugar: 13.26g (14.74%), Cholesterol: 140.15mg (46.72%), Sodium: 4457.73mg (193.81%), Alcohol: 3.32g (100%), Alcohol %: 0.37% (100%), Protein: 44.12g (88.25%), Vitamin A: 6779.03IU (135.58%), Selenium: 68.82µg (98.32%), Calcium: 701.6mg (70.16%), Phosphorus: 594.29mg (59.43%), Manganese: 0.89mg (44.37%), Vitamin B2: 0.68mg (40.12%), Zinc: 4.73mg (31.55%), Vitamin B1: 0.44mg (29.11%), Folate: 113.58µg (28.39%), Fiber: 6.31g (25.24%), Vitamin B3: 3.9mg (19.52%), Vitamin B6: 0.38mg (19.15%), Magnesium: 75.95mg (18.99%), Vitamin B12: 1.14µg (18.93%), Copper: 0.36mg (17.9%), Iron: 2.86mg (15.92%), Potassium: 545.23mg (15.58%), Vitamin B5: 1.46mg (14.61%), Vitamin K: 13.98µg (13.32%), Vitamin C: 9.91mg (12.01%), Vitamin E: 1.8mg (11.97%), Vitamin D: 1.12µg (7.44%)