



Beer Soup (Biersuppe)

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



581 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 cups beer
- 1 teaspoon cornstarch
- 2 egg yolks
- 4 slices bread french cut into 1 inch cubes
- 0.5 teaspoon salt
- 1 cup heavy whipping cream
- 1 cup swiss cheese shredded
- 1 teaspoon sugar white

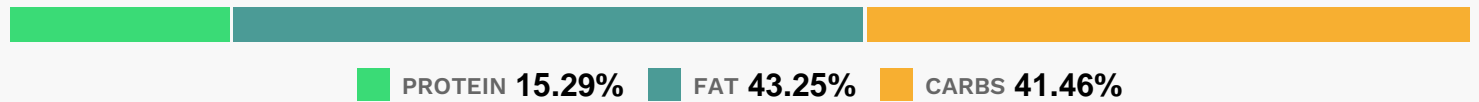
Equipment

- bowl
- sauce pan
- oven

Directions

- In a medium saucepan over medium heat, bring beer, covered, to a boil.
- Meanwhile, in a bowl, beat together egg yolks, sour cream, cornstarch, sugar and salt until well blended.
- Transfer mixture to a large saucepan over low heat.
- Pour in hot beer, a little at a time, stirring until well combined. Do not boil.
- To serve, divide bread cubes into four warmed soup bowls.
- Sprinkle cheese over bread.
- Pour hot soup over all and serve piping hot.

Nutrition Facts



Properties

Glycemic Index:54.52, Glycemic Load:31.5, Inflammation Score:-9, Nutrition Score:17.335217621015%

Flavonoids

Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Kaempferol: 2.87mg, Kaempferol: 2.87mg, Kaempferol: 2.87mg, Kaempferol: 2.87mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg Gallocatechin: 0.28mg, Gallocatechin: 0.28mg, Gallocatechin: 0.28mg, Gallocatechin: 0.28mg

Nutrients (% of daily need)

Calories: 580.99kcal (29.05%), Fat: 23.46g (36.1%), Saturated Fat: 11.92g (74.5%), Carbohydrates: 50.61g (16.87%), Net Carbohydrates: 49.2g (17.89%), Sugar: 5.97g (6.63%), Cholesterol: 156.24mg (52.08%), Sodium: 762.28mg (33.14%), Alcohol: 13.81g (100%), Alcohol %: 3.41% (100%), Protein: 18.67g (37.33%), Selenium: 35.74µg (51.06%),

Calcium: 357.63mg (35.76%), Phosphorus: 350.61mg (35.06%), Vitamin B2: 0.59mg (34.58%), Vitamin B1: 0.5mg (33.49%), Folate: 118.98µg (29.75%), Vitamin B3: 4.97mg (24.86%), Vitamin B12: 1.18µg (19.71%), Manganese: 0.38mg (18.87%), Iron: 2.9mg (16.11%), Vitamin B6: 0.31mg (15.26%), Zinc: 2.28mg (15.19%), Vitamin A: 712.1IU (14.24%), Magnesium: 56.85mg (14.21%), Vitamin B5: 0.94mg (9.37%), Potassium: 271.41mg (7.75%), Copper: 0.15mg (7.27%), Fiber: 1.41g (5.65%), Vitamin E: 0.75mg (4.98%), Vitamin D: 0.49µg (3.24%), Vitamin K: 1.75µg (1.67%)