



Big Game Spicy Beer Cheese Soup

 Gluten Free

READY IN



70 min.

SERVINGS



12

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 1 cup carrots finely chopped
- 1 cup celery finely chopped
- 10.8 ounce condensed cheddar cheese soup canned
- 32 ounce carton chicken stock
- 21.5 ounce cream of chicken soup canned
- 1 clove garlic minced
- 2 teaspoons garlic powder

- 1 teaspoon ground pepper
- 2 teaspoons ground mustard dry
- 1 tablespoon olive oil
- 2 teaspoons onion powder
- 1 tablespoon pepper sauce hot tabasco® (such as)
- 0.5 pound block pepperjack cheese shredded
- 1 pound processed cheese cubed
- 0.5 pound block sharp cheddar cheese shredded
- 2 teaspoons pepper white
- 1 tablespoon worcestershire sauce

Equipment

- whisk
- dutch oven
- immersion blender

Directions

- Melt the butter with olive oil in a large soup pot or Dutch oven over medium heat.
- Cook and stir the celery, carrots, and garlic until soft, about 8 minutes.
- Pour in the chicken stock, beer, Worcestershire sauce, hot pepper sauce, white pepper, mustard powder, onion powder, garlic powder, and cayenne pepper; whisk to combine.
- Blend the mixture with a hand blender until smooth. Bring to a boil, reduce heat to low, and simmer 15 minutes.
- Stir in the cream of chicken soup and the Cheddar cheese soup; bring soup back to a simmer.
- Stir in the processed cheese and allow to melt. When it has melted, slowly mix in the pepperjack and sharp Cheddar cheeses, a little at a time, allowing each addition to melt into the soup before adding the next.
- Simmer the soup over low heat until the cheese has completely melted and the flavors have blended, 15 to 20 more minutes.

Nutrition Facts

PROTEIN 18.78% FAT 68.7% CARBS 12.52%

Properties

Glycemic Index:26.65, Glycemic Load:2.53, Inflammation Score:-9, Nutrition Score:15.183913044308%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 421.52kcal (21.08%), Fat: 32.3g (49.69%), Saturated Fat: 16.96g (106.02%), Carbohydrates: 13.24g (4.41%), Net Carbohydrates: 12.32g (4.48%), Sugar: 3.74g (4.16%), Cholesterol: 85.88mg (28.63%), Sodium: 1543.24mg (67.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.87g (39.74%), Calcium: 700.33mg (70.03%), Vitamin A: 2839.4IU (56.79%), Phosphorus: 463.57mg (46.36%), Selenium: 19.35µg (27.64%), Vitamin B2: 0.35mg (20.69%), Zinc: 2.56mg (17.05%), Vitamin B12: 0.93µg (15.47%), Potassium: 384.61mg (10.99%), Vitamin K: 9.09µg (8.66%), Vitamin B3: 1.63mg (8.16%), Copper: 0.16mg (7.88%), Vitamin E: 1.18mg (7.86%), Iron: 1.37mg (7.64%), Magnesium: 30.19mg (7.55%), Vitamin B6: 0.14mg (6.84%), Manganese: 0.12mg (5.88%), Folate: 21.7µg (5.43%), Vitamin B1: 0.06mg (4.32%), Vitamin B5: 0.43mg (4.32%), Fiber: 0.91g (3.66%), Vitamin D: 0.45µg (3.02%), Vitamin C: 2.47mg (2.99%)