



Bread Bacon and Beer Soup

READY IN



23 min.

SERVINGS



6

CALORIES



276 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 slices bacon
- 12 ounce pilsner beer
- 2 tablespoons butter
- 1 quart chicken stock see
- 2 tablespoons thyme leaves fresh for garnish
- 1 large onion diced
- 3 slices cocktail rye bread
- 6 servings salt and pepper white
- 4 ounces cheddar white grated

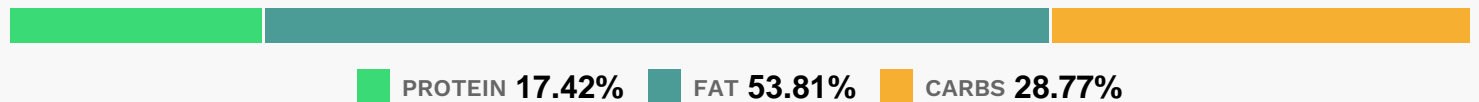
Equipment

- sauce pan
- immersion blender

Directions

- Fry bacon until crisp, remove and reserve. In a medium saucepan over medium-high heat, sweat the onion, butter, and thyme leaves until tender, about 8 minutes.
- Add beer, stock, and bread. Simmer 10 minutes. Puree with an immersion blender. Season with salt and pepper.
- Garnish with cheese, bacon and fresh thyme sprigs.

Nutrition Facts



Properties

Glycemic Index:40.31, Glycemic Load:5.13, Inflammation Score:-9, Nutrition Score:9.08086963581%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 276.11kcal (13.81%), Fat: 15.61g (24.01%), Saturated Fat: 7.63g (47.69%), Carbohydrates: 18.77g (6.26%), Net Carbohydrates: 17.09g (6.22%), Sugar: 4.23g (4.7%), Cholesterol: 38.5mg (12.83%), Sodium: 721.45mg (31.37%), Alcohol: 2.21g (100%), Alcohol %: 0.97% (100%), Protein: 11.37g (22.74%), Selenium: 15.75µg (22.5%), Vitamin B3: 3.77mg (18.85%), Vitamin B2: 0.31mg (18.26%), Phosphorus: 178.49mg (17.85%), Calcium: 169.11mg (16.91%), Vitamin B1: 0.17mg (11.07%), Manganese: 0.21mg (10.6%), Vitamin B6: 0.21mg (10.26%), Folate: 38.8µg (9.7%), Zinc: 1.28mg (8.52%), Vitamin A: 425.92IU (8.52%), Potassium: 288.42mg (8.24%), Copper: 0.15mg (7.5%), Iron: 1.32mg (7.32%), Vitamin C: 5.97mg (7.23%), Magnesium: 28.43mg (7.11%), Fiber: 1.68g (6.72%), Vitamin B12: 0.26µg (4.27%), Vitamin E: 0.39mg (2.58%), Vitamin B5: 0.26mg (2.58%), Vitamin K: 1.39µg (1.32%)