



Broccoli and Beer Cheese Soup

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 18 oz broccoli frozen
- 3 cups milk
- 0.3 cup flour all-purpose
- 0.5 teaspoon garlic salt
- 0.3 teaspoon ground mustard dry
- 0.1 teaspoon pepper
- 8 oz processed cheese food cubed
- 0.5 cup beer

1 serving popped popcorn

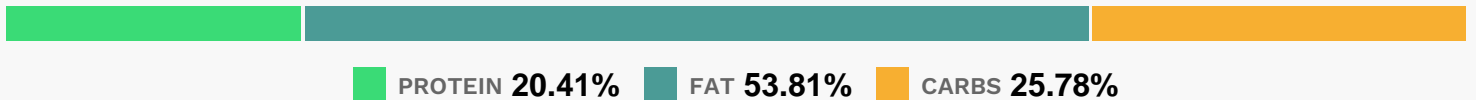
Equipment

- bowl
- sauce pan
- whisk

Directions

- Cook broccoli as directed on package, using 2-quart saucepan.
- In small bowl, combine 1/2 cup of the milk and flour; stir with wire whisk until well blended. Stir into broccoli in saucepan.
- Add remaining 2 1/2 cups milk, garlic salt, dry mustard and pepper; mix well. Cook and stir over medium heat until bubbly and thickened.
- Add cheese; cook 2 to 3 minutes or until melted and smooth, stirring occasionally.
- Add beer; cook until thoroughly heated, stirring constantly.
- Garnish with popcorn.

Nutrition Facts



Properties

Glycemic Index:77.71, Glycemic Load:10.31, Inflammation Score:-9, Nutrition Score:30.390434741974%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Kaempferol: 10.24mg, Kaempferol: 10.24mg, Kaempferol: 10.24mg, Kaempferol: 10.24mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 406.41kcal (20.32%), Fat: 24.49g (37.67%), Saturated Fat: 13.8g (86.28%), Carbohydrates: 26.39g (8.8%), Net Carbohydrates: 22.8g (8.29%), Sugar: 12.28g (13.65%), Cholesterol: 78.66mg (26.22%), Sodium: 1351.15mg

(58.75%), Alcohol: 1.15g (100%), Alcohol %: 0.36% (100%), Protein: 20.89g (41.79%), Vitamin C: 113.8mg (137.94%), Vitamin K: 132.28µg (125.98%), Calcium: 880.71mg (88.07%), Phosphorus: 647.07mg (64.71%), Vitamin B2: 0.58mg (34.18%), Vitamin A: 1627.92IU (32.56%), Vitamin B12: 1.84µg (30.74%), Selenium: 21.21µg (30.3%), Folate: 101.26µg (25.32%), Potassium: 771.43mg (22.04%), Vitamin B6: 0.38mg (19.18%), Manganese: 0.37mg (18.43%), Zinc: 2.76mg (18.4%), Vitamin B1: 0.27mg (17.71%), Magnesium: 67.92mg (16.98%), Vitamin B5: 1.69mg (16.92%), Vitamin D: 2.35µg (15.69%), Fiber: 3.6g (14.38%), Vitamin E: 1.55mg (10.35%), Iron: 1.68mg (9.36%), Vitamin B3: 1.68mg (8.38%), Copper: 0.11mg (5.28%)