



Bubbly Beer Cheese Soup

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



12

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup beer
- 1 quart chicken broth
- 3 cloves garlic minced
- 1 teaspoon ground pepper black
- 1 quart milk
- 1 pinch paprika to taste
- 3 pounds potatoes peeled chopped
- 0.8 pound cheddar cheese shredded

0.3 cup soya sauce

Equipment

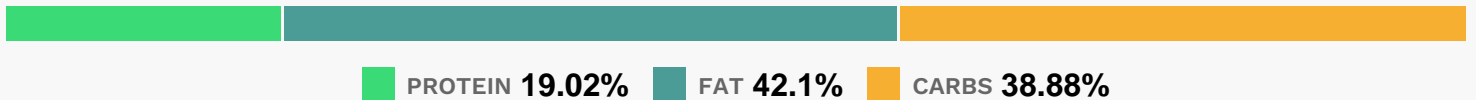
sauce pan

blender

Directions

- Combine chicken broth, potatoes, and garlic in a saucepan over medium heat; bring to a simmer and cook until potatoes are tender, about 30 minutes.
- Remove from heat and allow to cool for 5 minutes. Stir milk into the mixture, place over medium heat, and simmer until warm, about 5 minutes; add soy sauce and black pepper.
- Sprinkle Cheddar cheese into the soup in small batches while stirring, allowing each addition to melt into the soup before adding more.
- Pour soup into a blender no more than half full. Cover and hold lid in place; pulse a few times before leaving on to blend. Puree in batches until smooth. Return blended soup to the saucepan; return to a simmer over medium heat.
- Slowly stream beer into the soup while gently stirring.
- Garnish with paprika to serve.

Nutrition Facts



Properties

Glycemic Index:23.44, Glycemic Load:16.5, Inflammation Score:-5, Nutrition Score:12.685217515282%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 267.95kcal (13.4%), Fat: 12.45g (19.15%), Saturated Fat: 6.95g (43.46%), Carbohydrates: 25.86g (8.62%), Net Carbohydrates: 23.26g (8.46%), Sugar: 5.2g (5.78%), Cholesterol: 39.39mg (13.13%), Sodium: 785.7mg (34.16%), Alcohol: 0.77g (100%), Alcohol %: 0.3% (100%), Protein: 12.65g (25.3%), Calcium: 318.06mg (31.81%), Phosphorus: 287.76mg (28.78%), Vitamin C: 22.57mg (27.36%), Vitamin B6: 0.43mg (21.54%), Vitamin B2: 0.33mg (19.42%), Potassium: 652.69mg (18.65%), Selenium: 10.45µg (14.93%), Manganese: 0.28mg (13.77%), Vitamin B12: 0.75µg (12.43%), Magnesium: 47.59mg (11.9%), Zinc: 1.78mg (11.88%), Vitamin B1: 0.17mg (11.01%), Fiber: 2.59g (10.38%), Vitamin B3: 1.77mg (8.83%), Vitamin A: 420.75IU (8.41%), Vitamin B5: 0.79mg (7.87%), Copper: 0.16mg (7.82%), Vitamin D: 1.04µg (6.92%), Folate: 26.2µg (6.55%), Iron: 1.13mg (6.3%), Vitamin K: 3.36µg (3.2%), Vitamin E: 0.3mg (2%)