



## Cheddar-Ale Soup

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 servings bread whole-wheat toasted
- 1 cup carrots diced
- 2 celery stalks diced
- 0.3 cup flour all-purpose
- 1 garlic clove minced
- 12 ounces pale ale (like Bass)
- 2 cups chicken broth low-sodium
- 2 cups milk 1%

- 1 tablespoon olive oil
- 6 servings garnish: additional sharp cheddar cheese shredded 50% reduced-fat
- 8 ounces sharp cheddar cheese shredded 50% reduced-fat
- 0.5 onion diced yellow

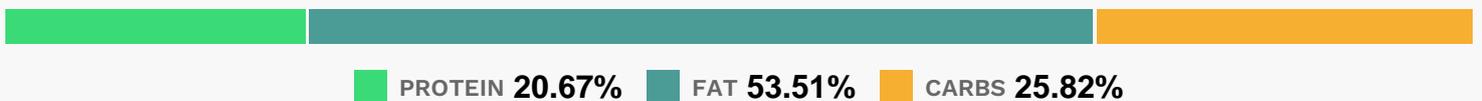
## Equipment

- pot

## Directions

- Heat 1 tablespoon olive oil in a large pot over medium-high.
- Add 1/2 yellow onion, diced, and 1 minced garlic clove; saut 3 minutes.
- Reduce heat to medium; add 1 cup diced carrots and 2 celery stalks, diced. Saut 57 minutes or until soft.
- Sprinkle in 1/3 cup all-purpose flour; stir.
- Add 2 cups low-sodium chicken broth; stir.
- Add 2 cups 1% milk and 12 ounces pale ale (like Bass).
- Cook 57 minutes or until foam disappears and soup thickens.
- Stir in 8 ounces 50% reduced-fat sharp Cheddar cheese, shredded.
- Simmer 1520 minutes; serve with toasted whole-wheat bread and a garnish of Cheddar.

## Nutrition Facts



## Properties

Glycemic Index:60.67, Glycemic Load:13.16, Inflammation Score:-10, Nutrition Score:21.22086935458%

## 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: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.57mg, Kaempferol: 0.57mg,

Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

## **Nutrients (% of daily need)**

Calories: 483.38kcal (24.17%), Fat: 28.01g (43.09%), Saturated Fat: 14.14g (88.4%), Carbohydrates: 30.4g (10.13%), Net Carbohydrates: 28.31g (10.29%), Sugar: 7.27g (8.08%), Cholesterol: 71.73mg (23.91%), Sodium: 648.82mg (28.21%), Alcohol: 2.21g (100%), Alcohol %: 0.8% (100%), Protein: 24.34g (48.69%), Vitamin A: 4404.26IU (88.09%), Calcium: 630.53mg (63.05%), Phosphorus: 477.92mg (47.79%), Selenium: 31.74µg (45.34%), Vitamin B2: 0.57mg (33.41%), Manganese: 0.45mg (22.34%), Zinc: 3.33mg (22.17%), Vitamin B12: 1.29µg (21.48%), Vitamin B3: 3.7mg (18.48%), Vitamin B1: 0.26mg (17.1%), Folate: 62.01µg (15.5%), Magnesium: 48.69mg (12.17%), Potassium: 394.3mg (11.27%), Vitamin B6: 0.21mg (10.48%), Iron: 1.72mg (9.57%), Vitamin B5: 0.92mg (9.23%), Vitamin D: 1.27µg (8.48%), Fiber: 2.09g (8.37%), Vitamin K: 7.76µg (7.39%), Vitamin E: 1.06mg (7.09%), Copper: 0.13mg (6.63%), Vitamin C: 2.19mg (2.65%)