



## Cheddar Beer Soup

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups cheddar extra-sharp grated
- 4 cups chicken stock see
- 1 cup beer dark
- 0.3 cup garlic infused olive oil
- 6 servings salt and pepper black freshly ground
- 3 tablespoons unbleached flour all-purpose

### Equipment

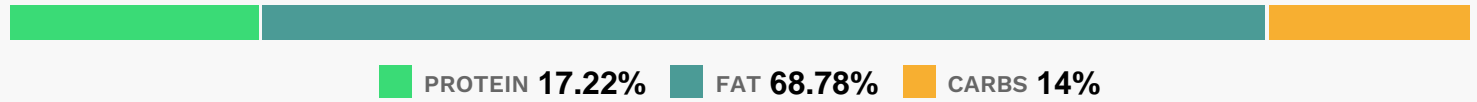
- bowl

- sauce pan
- ladle
- whisk

## Directions

- Watch how to make this recipe.
- Heat the oil in a saucepan over medium heat.
- Whisk in the flour and cook until the mixture starts to bubble, about 3 minutes.
- Whisk in the stock and bring to a boil, then reduce the heat to a simmer. Slowly incorporate the cheese stirring until fully melted and smooth.
- Add the beer and cook until heated through. Season with salt and pepper, to taste. Ladle into serving bowls and enjoy.

## Nutrition Facts



## Properties

Glycemic Index:29.08, Glycemic Load:2.9, Inflammation Score:-4, Nutrition Score:8.5208695660467%

## Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg

## Nutrients (% of daily need)

Calories: 321.65kcal (16.08%), Fat: 23.77g (36.56%), Saturated Fat: 8.99g (56.22%), Carbohydrates: 10.89g (3.63%), Net Carbohydrates: 10.76g (3.91%), Sugar: 2.66g (2.96%), Cholesterol: 42.47mg (14.16%), Sodium: 476.99mg (20.74%), Alcohol: 1.53g (100%), Alcohol %: 0.78% (100%), Protein: 13.39g (26.77%), Calcium: 273.77mg (27.38%), Phosphorus: 225.43mg (22.54%), Selenium: 15.69µg (22.42%), Vitamin B2: 0.33mg (19.45%), Vitamin B3: 2.97mg (14.86%), Zinc: 1.64mg (10.92%), Vitamin E: 1.63mg (10.87%), Vitamin A: 382.77IU (7.66%), Vitamin B6: 0.14mg (7.18%), Vitamin B12: 0.41µg (6.79%), Vitamin B1: 0.1mg (6.56%), Vitamin K: 6.82µg (6.49%), Folate: 25.15µg (6.29%), Potassium: 213.05mg (6.09%), Copper: 0.11mg (5.38%), Magnesium: 19.93mg (4.98%), Iron: 0.64mg (3.55%),

Manganese: 0.05mg (2.26%), Vitamin B5: 0.19mg (1.9%), Vitamin D: 0.23µg (1.51%)