



## Cheddar Beer Soup

READY IN



40 min.

SERVINGS



6

CALORIES



542 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 12 oz ale
- ☐ 0.3 teaspoon pepper black
- ☐ 2 medium carrots cut into 1/4-inch dice (1 cup)
- ☐ 2 rib celery stalks cut into 1/4-inch dice (1 cup)
- ☐ 4 cups sharp cheddar cheese english extra-sharp grated (preferably ; rind removed if necessary)
- ☐ 4 bacon crumbled cooked ( )
- ☐ 1 teaspoon ground mustard dry
- ☐ 0.3 cup flour all-purpose
- ☐ 2 teaspoons garlic finely chopped

- ☐ 2 medium leek white green cut into 1/4-inch dice (2 cups) ( and pale parts only)
- ☐ 14 fl. oz. chicken broth reduced-sodium
- ☐ 1 teaspoon salt
- ☐ 1 bay leaves
- ☐ 0.3 cup butter unsalted
- ☐ 2 cups milk whole
- ☐ 1 tablespoon worcestershire sauce

## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ colander

## Directions

- ☐ Wash leeks in a bowl of cold water, agitating water, then lift out leeks and drain in a colander.
- ☐ Cook leeks, carrots, celery, garlic, and bay leaf in butter in a 4-quart heavy saucepan over moderate heat, stirring occasionally, until vegetables begin to soften, about 5 minutes. Reduce heat to moderately low and sprinkle flour over vegetables, then cook, stirring occasionally, 3 minutes.
- ☐ Add milk, broth, and beer in a stream, whisking, then simmer, whisking occasionally, 5 minutes. Stir in Worcestershire sauce, mustard, salt, and pepper.
- ☐ Add cheese by handfuls, stirring constantly, and cook until cheese is melted, 3 to 4 minutes (do not boil). Discard bay leaf.
- ☐ Serve sprinkled with bacon.

## Nutrition Facts



## Properties

Glycemic Index:58.89, Glycemic Load:8.52, Inflammation Score:-10, Nutrition Score:22.019999856534%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 541.74kcal (27.09%), Fat: 38.51g (59.25%), Saturated Fat: 21.64g (135.23%), Carbohydrates: 21.08g (7.03%), Net Carbohydrates: 19.69g (7.16%), Sugar: 6.72g (7.46%), Cholesterol: 110.71mg (36.9%), Sodium: 1082.21mg (47.05%), Alcohol: 2.21g (100%), Alcohol %: 0.78% (100%), Protein: 25.26g (50.53%), Vitamin A: 5021.78IU (100.44%), Calcium: 672.4mg (67.24%), Phosphorus: 509.99mg (51%), Selenium: 29.53µg (42.19%), Vitamin B2: 0.56mg (32.71%), Zinc: 3.52mg (23.45%), Vitamin B12: 1.39µg (23.2%), Vitamin K: 19.66µg (18.72%), Folate: 56.02µg (14.01%), Vitamin B6: 0.28mg (13.91%), Manganese: 0.27mg (13.71%), Vitamin B3: 2.7mg (13.49%), Vitamin B1: 0.19mg (12.88%), Magnesium: 50.37mg (12.59%), Potassium: 440.71mg (12.59%), Vitamin D: 1.51µg (10.07%), Iron: 1.55mg (8.63%), Vitamin E: 1.28mg (8.54%), Vitamin B5: 0.85mg (8.46%), Copper: 0.14mg (6.9%), Vitamin C: 5.48mg (6.64%), Fiber: 1.38g (5.53%)