



Cheddar Broccoli Soup with Bacon and Egg Croutons made with Bavarian Wheat Beer

READY IN



58 min.

SERVINGS



6

CALORIES



698 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 strips bacon smoked crumbled drained recommended: Nueske's Applewood Bacon
- ☐ 1.5 cups beer bavarian style recommended: Hefeweizen
- ☐ 1 bunch broccoli trimmed peeled 6 large stalks
- ☐ 0.3 cup whipped cream cheese softened
- ☐ 4 tablespoons whipped cream cheese
- ☐ 1 tablespoon grapeseed oil
- ☐ 1 pinch ground nutmeg
- ☐ 2 hardboiled eggs diced peeled

- ☐ 1.5 cups heavy cream
- ☐ 2 quarts chicken stock see low-sodium
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 0.3 cup cheddar shredded
- ☐ 2 cups cheddar shredded
- ☐ 1 large onion diced white
- ☐ 8 slices wheat bread

Equipment

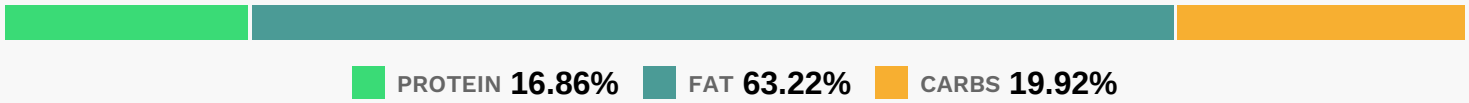
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ immersion blender

Directions

- ☐ In a large stockpot, heat grapeseed oil over medium-high heat until it shimmers.
- ☐ Add onion and saute until it turns translucent.
- ☐ Add beer and let cook until most of the alcohol evaporates. Stir in broccoli florets and disks, and season with salt, pepper and nutmeg.
- ☐ Pour in chicken stock and bring to a boil. Reduce heat to medium low and cook until broccoli is very soft.
- ☐ While the soup is cooking, make the topping for the croutons. Gently fold cream cheese, eggs, and bacon bits together, cover and refrigerate until needed. Stir heavy cream into the soup, remove from heat, and puree with an immersion blender.
- ☐ Stir in shredded Cheddar and whipped cream cheese, cover and let sit for about 5 minutes to allow the cheese to melt. Use the immersion blender to thoroughly mix, and adjust salt and pepper, to taste, if necessary. Cover and keep warm.
- ☐ Preheat oven to 400 degrees F. Toast wheat bread and cut into triangles.
- ☐ Sprinkle some cheddar cheese on each toast triangle and top with some of the egg/bacon mixture.

- ☐
- Sprinkle some more Cheddar on top, place on a baking sheet and put in the oven for a few minutes to let the cheese melt.
- ☐
- Serve soup in crocks with a crouton floating on the surface of the soup.

Nutrition Facts



Properties

Glycemic Index:81.53, Glycemic Load:13.03, Inflammation Score:-9, Nutrition Score:33.827391748843%

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 Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 8.58mg, Kaempferol: 8.58mg, Kaempferol: 8.58mg, Kaempferol: 8.58mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.39mg, Quercetin: 8.39mg, Quercetin: 8.39mg, Quercetin: 8.39mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 697.9kcal (34.9%), Fat: 49.26g (75.78%), Saturated Fat: 25.82g (161.38%), Carbohydrates: 34.92g (11.64%), Net Carbohydrates: 29.56g (10.75%), Sugar: 7.39g (8.21%), Cholesterol: 183.22mg (61.07%), Sodium: 686.61mg (29.85%), Alcohol: 2.3g (100%), Alcohol %: 0.43% (100%), Protein: 29.55g (59.1%), Vitamin C: 92.6mg (112.24%), Vitamin K: 109.61µg (104.39%), Manganese: 1.07mg (53.74%), Phosphorus: 534.67mg (53.47%), Selenium: 33.85µg (48.36%), Calcium: 483.26mg (48.33%), Vitamin A: 2061.3IU (41.23%), Vitamin B2: 0.69mg (40.8%), Vitamin B3: 7.48mg (37.38%), Folate: 106.73µg (26.68%), Potassium: 879.2mg (25.12%), Zinc: 3.46mg (23.1%), Vitamin B6: 0.45mg (22.45%), Fiber: 5.36g (21.44%), Vitamin B1: 0.3mg (20.04%), Magnesium: 78.9mg (19.72%), Vitamin B12: 1.13µg (18.79%), Vitamin E: 2.79mg (18.6%), Copper: 0.34mg (16.93%), Iron: 2.81mg (15.61%), Vitamin B5: 1.53mg (15.31%), Vitamin D: 1.64µg (10.93%)