



## Cheese & Ale Soup

READY IN



35 min.

SERVINGS



35

CALORIES



43 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 5 slices oscar mayer bacon chopped
- 0.8 cup beer
- 2 Tbsp flour
- 3 Tbsp parsley fresh chopped
- 3 cloves garlic minced
- 0.5 cup leeks white green finely chopped ( and parts)
- 6 cups milk
- 16 oz velveeta cut into 1/2-inch cubes
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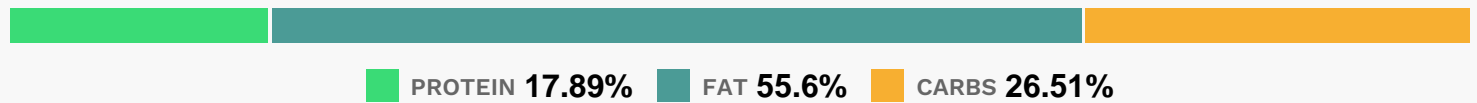
## Equipment

- frying pan
- sauce pan

## Directions

- Cook bacon, leeks and garlic in large saucepan on medium-high heat 7 to 9 min. or until bacon is crisp, stirring frequently.
- Drain; discard drippings. Return bacon mixture to pan.
- Stir in flour; cook and stir on medium heat 1 min. Gradually stir in milk; cook 8 min. or until slightly thickened, stirring frequently.
- Add VELVEETA; cook 5 min. or until completely melted, stirring frequently. Stir in beer; cook 2 min. or until heated through, stirring occasionally.
- Serve topped with parsley.

## Nutrition Facts



## Properties

Glycemic Index:7.07, Glycemic Load:1.13, Inflammation Score:-1, Nutrition Score:2.0891304502021%

## Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Apigenin: 0.7mg, Apigenin: 0.7mg, Apigenin: 0.7mg, Apigenin: 0.7mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 43.21kcal (2.16%), Fat: 2.6g (4%), Saturated Fat: 1.2g (7.49%), Carbohydrates: 2.79g (0.93%), Net Carbohydrates: 2.74g (0.99%), Sugar: 2.07g (2.3%), Cholesterol: 7.09mg (2.36%), Sodium: 37.39mg (1.63%), Alcohol: 0.2g (100%), Alcohol %: 0.48% (100%), Protein: 1.88g (3.76%), Vitamin K: 6.07µg (5.78%), Calcium: 53.54mg (5.35%), Phosphorus: 48.97mg (4.9%), Vitamin B12: 0.24µg (4.04%), Vitamin B2: 0.06mg (3.8%), Vitamin D: 0.47µg (3.15%), Vitamin B1: 0.04mg (2.48%), Selenium: 1.65µg (2.36%), Vitamin A: 117.58IU (2.35%), Potassium: 75.91mg (2.17%), Vitamin B6: 0.04mg (2.14%), Vitamin B5: 0.18mg (1.82%), Magnesium: 6.38mg (1.59%), Zinc: 0.22mg (1.47%), Vitamin B3: 0.23mg (1.16%)