



Easy Cheesy Soup with Beer

READY IN



25 min.

SERVINGS



6

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup beer
- 0.3 cup butter
- 1 carrots shredded
- 0.3 cup flour
- 2.5 cups milk
- 0.3 cup onions chopped
- 0.1 tsp salt and pepper
- 2 cups cracker barrel sharp cheddar cheese shredded

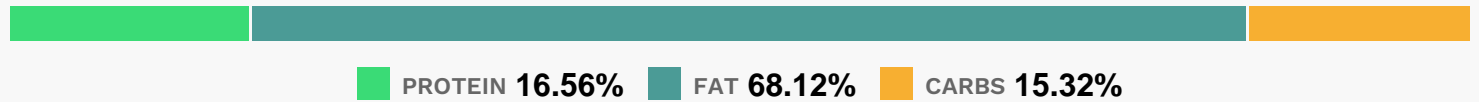
Equipment

- sauce pan

Directions

- Cook vegetables in butter in large saucepan on medium heat 5 min. or until tender, stirring frequently.
- Add flour; mix well. Gradually add milk, stirring until well blended. Cook 3 to 5 min. or until thickened, stirring constantly.
- Add cheese; cook on low heat 1 to 2 min. until melted, stirring frequently. Stir in beer.
- Cook until heated through. (Do not boil.) Stir in salt and pepper.

Nutrition Facts



Properties

Glycemic Index:42.39, Glycemic Load:5.67, Inflammation Score:-9, Nutrition Score:11.278260982555%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg Gallicocatechin: 0.02mg, Gallicocatechin: 0.02mg, Gallicocatechin: 0.02mg, Gallicocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 316.94kcal (15.85%), Fat: 23.76g (36.55%), Saturated Fat: 10.72g (66.98%), Carbohydrates: 12.02g (4.01%), Net Carbohydrates: 11.48g (4.18%), Sugar: 5.79g (6.44%), Cholesterol: 49.87mg (16.62%), Sodium: 430.79mg (18.73%), Alcohol: 0.77g (100%), Alcohol %: 0.51% (100%), Protein: 12.99g (25.98%), Vitamin A: 2579.02IU (51.58%), Calcium: 400.68mg (40.07%), Phosphorus: 291.24mg (29.12%), Selenium: 14.52µg (20.74%), Vitamin B2: 0.35mg (20.49%), Vitamin B12: 0.96µg (16.03%), Zinc: 1.87mg (12.49%), Vitamin D: 1.34µg (8.96%), Vitamin B1: 0.12mg (8.03%), Potassium: 238.64mg (6.82%), Magnesium: 26.87mg (6.72%), Vitamin B6: 0.12mg (6.11%), Vitamin B5: 0.61mg (6.1%), Folate: 21.91µg (5.48%), Vitamin E: 0.7mg (4.65%), Manganese: 0.07mg (3.41%), Vitamin B3: 0.64mg (3.22%), Vitamin K: 2.59µg (2.47%), Fiber: 0.54g (2.15%), Iron: 0.35mg (1.95%), Copper: 0.03mg (1.46%), Vitamin C: 1.11mg (1.35%)