



Hearty Brew and Cheese Soup

READY IN



45 min.

SERVINGS



9

CALORIES



347 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 12 ounce beer canned
- ☐ 0.5 cup celery thinly sliced
- ☐ 10.5 ounce condensed chicken broth divided canned
- ☐ 1.5 cups ham smoked diced
- ☐ 3 tablespoons flour all-purpose
- ☐ 3 cups half-and-half
- ☐ 2 tablespoons butter melted
- ☐ 1 cup onion finely chopped
- ☐ 16 ounce process cheese spread cubed

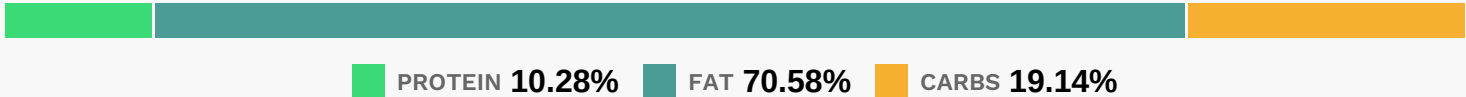
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Saute ham, onion, and celery in margarine in a Dutch oven over medium heat until vegetables are tender.
- ☐ Measure 1/4 cup chicken broth, and set aside.
- ☐ Add remaining broth, half-and-half, beer, and cheese to ham mixture. Cook over medium heat, stirring constantly, until cheese melts.
- ☐ Combine reserved 1/4 cup broth and flour in a small bowl; stir until smooth.
- ☐ Add flour mixture to mixture in pan, stirring constantly. Cook over medium heat, stirring constantly, until slightly thickened.

Nutrition Facts



Properties

Glycemic Index:19.39, Glycemic Load:2.32, Inflammation Score:-6, Nutrition Score:6.24043485911%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 347.08kcal (17.35%), Fat: 24.83g (38.2%), Saturated Fat: 11.14g (69.6%), Carbohydrates: 15.16g (5.05%), Net Carbohydrates: 14.7g (5.34%), Sugar: 8.92g (9.91%), Cholesterol: 69.98mg (23.33%), Sodium: 1074.3mg

(46.71%), Alcohol: 1.47g (100%), Alcohol %: 0.72% (100%), Protein: 8.13g (16.27%), Calcium: 282.87mg (28.29%), Vitamin A: 881.18IU (17.62%), Phosphorus: 159.18mg (15.92%), Vitamin B2: 0.21mg (12.17%), Potassium: 243.1mg (6.95%), Vitamin C: 5.52mg (6.69%), Zinc: 0.91mg (6.06%), Magnesium: 22.49mg (5.62%), Selenium: 3.9µg (5.57%), Copper: 0.09mg (4.73%), Vitamin B6: 0.08mg (4.23%), Vitamin B1: 0.06mg (4.16%), Folate: 14.69µg (3.67%), Iron: 0.6mg (3.36%), Manganese: 0.06mg (3.24%), Vitamin B5: 0.3mg (3.01%), Vitamin B12: 0.17µg (2.84%), Vitamin B3: 0.54mg (2.71%), Vitamin K: 2.77µg (2.64%), Vitamin E: 0.33mg (2.21%), Fiber: 0.46g (1.84%)