



Sausage 'n Stout Cheese Soup

READY IN



55 min.

SERVINGS



10

CALORIES



583 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon cayenne pepper
- 4 green onions diced
- 0.5 teaspoon ground pepper black
- 0.3 teaspoon liquid smoke flavoring
- 2 cups milk
- 0.5 teaspoon ground mustard dried
- 4 potatoes diced peeled
- 2 teaspoons salt
- 2 pounds kielbasa sausage sliced thin

- 1 pound cheddar cheese shredded
- 24 fluid ounce cream stout beer
- 6 cups water

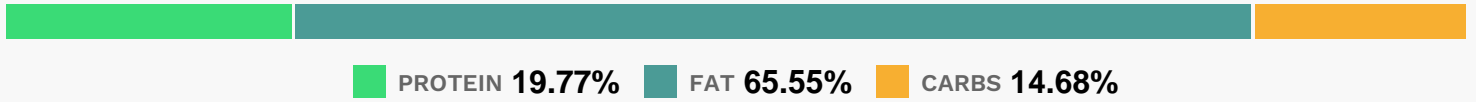
Equipment

- sauce pan

Directions

- Bring potatoes, water, and beer to a boil in a large saucepan over high heat. Reduce heat to medium-low, cover, and simmer 5 minutes. Stir in the sausage, green onions, salt, black pepper, cayenne pepper, mustard powder, and liquid smoke. Cover and simmer until the potatoes are completely tender, about 15 minutes.
- When the potatoes are tender, stir in the Cheddar cheese until completely melted, then add the milk.
- Heat through, stirring until cheese has melted but do not boil.

Nutrition Facts



Properties

Glycemic Index:27.27, Glycemic Load:12.16, Inflammation Score:-7, Nutrition Score:18.146086837934%

Flavonoids

Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 583.33kcal (29.17%), Fat: 41.19g (63.38%), Saturated Fat: 17.63g (110.17%), Carbohydrates: 20.75g (6.92%), Net Carbohydrates: 18.69g (6.8%), Sugar: 3.29g (3.66%), Cholesterol: 116.53mg (38.84%), Sodium: 1370.58mg (59.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.95g (55.9%), Phosphorus: 431.12mg (43.11%), Calcium: 407.96mg (40.8%), Vitamin B6: 0.6mg (29.8%), Zinc: 4.12mg (27.5%), Vitamin B3: 5.28mg (26.4%), Vitamin B12: 1.52µg (25.26%), Vitamin B2: 0.41mg (24.15%), Vitamin B1: 0.36mg (24.13%), Vitamin C: 18.41mg (22.31%), Selenium: 14.27µg (20.39%), Potassium: 709.23mg (20.26%), Vitamin A: 693.34IU (13.87%), Magnesium: 53.48mg (13.37%), Vitamin D: 1.99µg (13.26%), Vitamin K: 13.4µg (12.76%), Vitamin B5: 1.24mg (12.36%), Iron: 1.85mg (10.25%), Copper: 0.2mg (9.84%), Manganese: 0.17mg (8.37%), Fiber: 2.06g (8.26%), Folate: 27.42µg (6.86%),

Vitamin E: 0.61mg (4.05%)