



## Slow-Cooker Beer and Cheese Potato Chowder

READY IN



500 min.

SERVINGS



5

CALORIES



622 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 cups baking potatoes peeled chopped (6 medium)
- 0.5 cup onion chopped
- 0.5 cup celery chopped
- 0.5 cup carrots finely chopped
- 1 garlic clove minced
- 0.3 teaspoon pepper
- 14 oz chicken broth canned
- 12 oz beer canned

- 2 cups processed cheese food shredded
- 0.5 cup whipping cream
- 1 serving cocktail rye bread toasted cut into cubes and , if desired

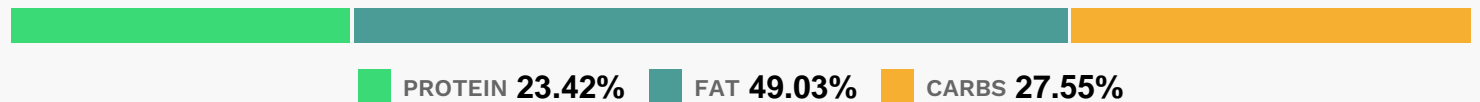
## Equipment

- potato masher
- slow cooker

## Directions

- In 3 to 4-quart slow cooker, combine potatoes, onion, celery, carrot, garlic and pepper; stir gently to mix.
- Pour broth and beer over vegetables.
- Cover; cook on Low setting for 6 to 8 hours.
- About 10 minutes before serving, coarsely mash vegetables with potato masher or fork.
- Add cheese and whipping cream; stir until cheese is melted. Cover; cook an additional 5 minutes or until thoroughly heated. Top with croutons.

## Nutrition Facts



## Properties

Glycemic Index:74.48, Glycemic Load:28.01, Inflammation Score:-9, Nutrition Score:24.345652435137%

## Flavonoids

Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

## Nutrients (% of daily need)

Calories: 621.71kcal (31.09%), Fat: 33.04g (50.84%), Saturated Fat: 17.44g (108.98%), Carbohydrates: 41.78g (13.93%), Net Carbohydrates: 38.6g (14.04%), Sugar: 4.51g (5.01%), Cholesterol: 122.58mg (40.86%), Sodium: 1355.39mg (58.93%), Alcohol: 2.65g (100%), Alcohol %: 0.75% (100%), Protein: 35.51g (71.01%), Calcium: 651.76mg (65.18%), Vitamin A: 3206.01IU (64.12%), Phosphorus: 615.61mg (61.56%), Vitamin B6: 0.89mg (44.7%), Selenium: 28.05µg (40.06%), Potassium: 1081.6mg (30.9%), Vitamin B12: 1.69µg (28.09%), Zinc: 4.05mg (26.98%), Vitamin B3: 4.36mg (21.82%), Vitamin B2: 0.35mg (20.62%), Magnesium: 81.44mg (20.36%), Manganese: 0.38mg (19.25%), Iron: 3.09mg (17.16%), Vitamin C: 12.84mg (15.57%), Copper: 0.28mg (13.8%), Fiber: 3.18g (12.73%), Vitamin B1: 0.18mg (12.28%), Vitamin K: 12.17µg (11.59%), Folate: 45.66µg (11.42%), Vitamin B5: 0.94mg (9.41%), Vitamin E: 1.06mg (7.04%), Vitamin D: 0.8µg (5.31%)