



 **46%**
HEALTH SCORE

They will beg for it Beer Cheese Soup

READY IN



80 min.

SERVINGS



4

CALORIES



929 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounce beer canned
- 1 cup broccoli chopped
- 1 cup carrots chopped
- 1 teaspoon ground pepper
- 1.5 cups cheddar cheese
- 4 servings cheese for topping
- 6 chicken stock cube
- 1 teaspoon ground mustard dry
- 0.5 cup flour

- 2 cloves garlic minced
- 2 teaspoons seasoning italian
- 0.3 cup butter
- 2 cups milk
- 1.5 cups onion chopped
- 4 servings bell pepper
- 4 servings bell pepper
- 2 cups potatoes chopped
- 4 servings salt
- 1.5 cups sharp cheddar cheese
- 2 teaspoons savory vegetable
- 2 teaspoons savory vegetable
- 2 cups water

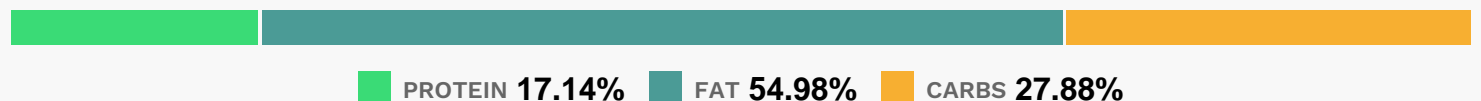
Equipment

- potato masher

Directions

- Combine first 10 ingredients and simmer on low heat for 30-45 mins, until very tender. Mash with potato masher until desired consistency.
- Combine milk and flour and slowly add to mixture.
- Add cheese and the rest of the spices. Simmer over low heat until cheese melts. Stir in beer and allow to heat through.

Nutrition Facts



Properties

Glycemic Index:161.27, Glycemic Load:31.02, Inflammation Score:-10, Nutrition Score:44.721739064092%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 3.75mg, Kaempferol: 3.75mg, Kaempferol: 3.75mg, Kaempferol: 3.75mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 14.09mg, Quercetin: 14.09mg, Quercetin: 14.09mg, Quercetin: 14.09mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 929.21kcal (46.46%), Fat: 56.43g (86.81%), Saturated Fat: 27.12g (169.53%), Carbohydrates: 64.38g (21.46%), Net Carbohydrates: 55.18g (20.07%), Sugar: 18.98g (21.09%), Cholesterol: 130.17mg (43.39%), Sodium: 2613.57mg (113.63%), Alcohol: 3.32g (100%), Alcohol %: 0.49% (100%), Protein: 39.58g (79.17%), Vitamin C: 238.87mg (289.54%), Vitamin A: 12482.15IU (249.64%), Calcium: 1065.95mg (106.6%), Phosphorus: 844.78mg (84.48%), Selenium: 44.99µg (64.27%), Vitamin B2: 1.04mg (61.28%), Vitamin B6: 1.15mg (57.64%), Folate: 181.72µg (45.43%), Vitamin K: 46.04µg (43.85%), Potassium: 1394.36mg (39.84%), Zinc: 5.9mg (39.35%), Manganese: 0.75mg (37.27%), Fiber: 9.2g (36.8%), Vitamin B1: 0.48mg (32.08%), Vitamin B12: 1.92µg (32.07%), Magnesium: 122.49mg (30.62%), Vitamin E: 4.52mg (30.11%), Vitamin B3: 4.97mg (24.87%), Vitamin B5: 2.18mg (21.81%), Iron: 3.36mg (18.65%), Copper: 0.29mg (14.64%), Vitamin D: 2.03µg (13.54%)