



 **10%**  
HEALTH SCORE

## Wisconsin Beer Cheese Soup

READY IN



45 min.

SERVINGS



4

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon butter
- 1 onion chopped
- 2 carrots chopped
- 2 celery stalks chopped
- 2 cloves garlic minced
- 4 tablespoons flour
- 1 cup beer
- 4 cups chicken (Veggie or Chicken)
- 0.5 cup half and half

- 2 cups cheddar cheese shredded
- 1 tablespoon mustard
- 1 teaspoon worcestershire sauce
- 0.3 teaspoon pepper
- 0.1 teaspoon pepper red
- 4 servings salt to taste

## Equipment

- bowl
- frying pan
- blender
- immersion blender

## Directions

- Start out by melting up the butter on medium heat.
- Add in the onion, carrots, celery, and garlic. Cook it all for a good 3-4 minutes.
- Add the flour to the pan and stir it in well.
- Next up you'll add in the beer and the broth.
- Let the soup heat up to a gentle boil.
- Once your broth hits a gentle boil, turn the heat down to low and add in the the half & half and the cheese.
- Allow the cheese to melt completely and then add in the mustard, worcestershire, pepper, and red pepper flakes.
- Grab your immersion blender and smooth out your soup. If you don't have an immersion blender, you can puree batches in a blender. Just make sure you don't fill it more than a third full at a time and cover it tightly so you don't end up with a soupy mess.
- Add a bit of salt to taste and you're ready to enjoy a big ol' bowl of true Wisconsin love.

## Nutrition Facts



■ PROTEIN 21.82% ■ FAT 63.87% ■ CARBS 14.31%

## Properties

Glycemic Index:98.08, Glycemic Load:7.07, Inflammation Score:-10, Nutrition Score:19.273043478261%

## Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

## Nutrients (% of daily need)

Calories: 494.48kcal (24.72%), Fat: 34.02g (52.34%), Saturated Fat: 17.16g (107.24%), Carbohydrates: 17.14g (5.71%), Net Carbohydrates: 15.34g (5.58%), Sugar: 4.32g (4.8%), Cholesterol: 115.29mg (38.43%), Sodium: 730.54mg (31.76%), Alcohol: 2.3g (12.78%), Protein: 26.15g (52.3%), Vitamin A: 5964.67IU (119.29%), Calcium: 466.87mg (46.69%), Selenium: 29.39µg (41.99%), Phosphorus: 411.2mg (41.12%), Vitamin B2: 0.46mg (27%), Vitamin B3: 4.89mg (24.43%), Zinc: 3.14mg (20.9%), Vitamin B6: 0.37mg (18.7%), Vitamin B12: 0.84µg (14.04%), Folate: 45.6µg (11.4%), Vitamin B1: 0.16mg (10.98%), Magnesium: 43.7mg (10.92%), Potassium: 380.25mg (10.86%), Manganese: 0.21mg (10.57%), Vitamin B5: 1.02mg (10.2%), Vitamin K: 7.92µg (7.54%), Fiber: 1.8g (7.21%), Iron: 1.3mg (7.2%), Vitamin C: 5.72mg (6.93%), Vitamin E: 1mg (6.67%), Copper: 0.1mg (4.95%), Vitamin D: 0.45µg (2.98%)