

# Wisconsin Native's Beer Cheese Soup

 Popular

READY IN



75 min.

SERVINGS



8

CALORIES



655 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 cups beer
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup butter
- ☐ 1.5 cups carrots diced
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 1.5 cups celery diced
- ☐ 3 cups chicken broth
- ☐ 1 tablespoon dijon mustard

- ☐ 1 teaspoon mustard dry
- ☐ 0.3 cup flour
- ☐ 2 cloves garlic minced
- ☐ 4 cups half and half
- ☐ 1.5 cups onion diced
- ☐ 1 teaspoon pepper sauce hot
- ☐ 8 servings popped popcorn for garnish
- ☐ 0.5 teaspoon salt
- ☐ 6 cups sharp cheddar cheese shredded
- ☐ 2 teaspoons worcestershire sauce

## Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ pot

## Directions

- ☐ In a large saucepan over medium heat, stir together carrots, onion, celery, and garlic. Stir in hot pepper sauce, cayenne pepper, salt, and pepper.
- ☐ Pour in chicken broth and beer; simmer until vegetables are tender, about 12 minutes.
- ☐ Remove from heat.
- ☐ Meanwhile, heat butter in a large soup pot over medium-high heat. Stir in flour with a wire whisk; cook, stirring until the flour is light brown, about 3 or 4 minutes. Gradually stir in milk, whisking to prevent scorching, until thickened.
- ☐ Remove from heat, and gradually stir in cheese. Keep warm.
- ☐ Stir beer mixture into cheese mixture. Stir in Dijon mustard, Worcestershire sauce, and dry mustard. Adjust for hot pepper sauce. Bring to a simmer, and cook 10 minutes.
- ☐ Serve topped with popcorn.

## Nutrition Facts



 **PROTEIN 16.09%**  **FAT 70.95%**  **CARBS 12.96%**

Properties

Glycemic Index:61.33, Glycemic Load:6.26, Inflammation Score:-10, Nutrition Score:22.109130330708%

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: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 655.08kcal (32.75%), Fat: 50.97g (78.41%), Saturated Fat: 29.71g (185.66%), Carbohydrates: 20.95g (6.98%), Net Carbohydrates: 19.02g (6.92%), Sugar: 8.56g (9.51%), Cholesterol: 149.2mg (49.73%), Sodium: 1250.15mg (54.35%), Alcohol: 2.3g (100%), Alcohol %: 0.65% (100%), Protein: 26.01g (52.01%), Vitamin A: 5629.51IU (112.59%), Calcium: 765.32mg (76.53%), Phosphorus: 554.4mg (55.44%), Selenium: 31.95µg (45.64%), Vitamin B2: 0.74mg (43.72%), Zinc: 3.9mg (26%), Vitamin B12: 1.17µg (19.56%), Folate: 52.92µg (13.23%), Potassium: 459.62mg (13.13%), Magnesium: 52.53mg (13.13%), Vitamin K: 13.34µg (12.71%), Vitamin B6: 0.25mg (12.34%), Manganese: 0.23mg (11.49%), Vitamin B1: 0.17mg (11.12%), Vitamin E: 1.45mg (9.64%), Vitamin B5: 0.93mg (9.33%), Fiber: 1.92g (7.69%), Vitamin C: 6.16mg (7.47%), Vitamin B3: 1.38mg (6.9%), Copper: 0.1mg (5.19%), Iron: 0.88mg (4.86%), Vitamin D: 0.51µg (3.39%)