

Bacon-Beer Cheese Soup

Southern Living - 1987 Annual Recipes

Yield: 7 cups

6 slices bacon

1 cup chicken broth

1 can (12 ounces) beer, divided

1/2 teaspoon Worcestershire sauce

3 dashes hot sauce

1 jar (16 ounce) process cheese spread

2 cups milk

3 tablespoons cornstarch

Place the bacon on a rack in a 12x8x2-inch baking dish. Cover with paper towels. Microwave on HIGH for 5 to 7 minutes or until the bacon is crisp. Drain the bacon. Crumble and set aside.

In a three-quart casserole, combine the broth, 3/4 cup of beer, Worcestershire sauce and hot sauce. Microwave on HIGH for 3-1/2 to 4 minutes or until hot.

Stir in the cheese and milk. Cover and microwave on MEDIUM-HIGH (70% power) for 6 to 7 minutes, stirring after 1 minute.

Combine the cornstarch and remaining beer. Add to the cheese mixture. Cover and microwave on MEDIUM-HIGH for 7 to 8 minutes.

Ladle into serving bowls. Top each with bacon.

Per Serving (excluding unknown items): 797 Calories; 36g Fat (46.8% calories from fat); 34g Protein; 59g Carbohydrate; 1g Dietary Fiber; 99mg Cholesterol; 1700mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 0 Vegetable; 2 Non-Fat Milk; 5 1/2 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	797	Vitamin B6 (mg):	.5mg
% Calories from Fat:	46.8%	Vitamin B12 (mcg):	2.7mcg
% Calories from Carbohydrates:	34.0%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	19.2%	Riboflavin B2 (mg):	1.0mg
Total Fat (g):	36g	Folacin (mcg):	53mcg
			8mg

Saturated Fat (g): 17g
Monounsaturated Fat (g): 14g
Polyunsaturated Fat (g): 3g
Cholesterol (mg): 99mg
Carbohydrate (g): 59g
Dietary Fiber (g): 1g
Protein (g): 34g
Sodium (mg): 1700mg
Potassium (mg): 1243mg
Calcium (mg): 618mg
Iron (mg): 2mg
Zinc (mg): 3mg
Vitamin C (mg): 23mg
Vitamin A (i.u.): 623IU
Vitamin A (r.e.): 187RE

Niacin (mg):
Caffeine (mg): 0mg
Alcohol (kcal): 146
% Refused: 0 0%

Food Exchanges

Grain (Starch): 1 1/2
Lean Meat: 2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 2
Fat: 5 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 797 Calories from Fat: 373

% Daily Values*

Total Fat	36g	56%
Saturated Fat	17g	86%
Cholesterol	99mg	33%
Sodium	1700mg	71%
Total Carbohydrates	59g	20%
Dietary Fiber	1g	4%
Protein	34g	
Vitamin A		12%
Vitamin C		39%
Calcium		62%
Iron		10%

* Percent Daily Values are based on a 2000 calorie diet.