



Beef Dip

 Gluten Free

READY IN



485 min.

SERVINGS



8

CALORIES



196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.5 ounce beef smoked sliced
- ☐ 8 ounce cream cheese softened
- ☐ 0.3 cup onion chopped
- ☐ 5 ounce sharp processed cheese spread

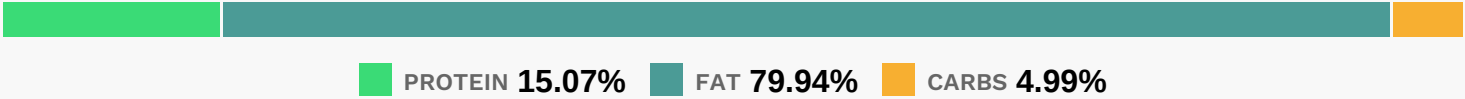
Equipment

- ☐ bowl

Directions

- Combine cream cheese and processed cheese in medium bowl; mix until well blended. Chop beef in small pieces. Stir beef and onion into cheese mixture. Refrigerate overnight before serving.

Nutrition Facts



Properties

Glycemic Index:10.13, Glycemic Load:0.64, Inflammation Score:-4, Nutrition Score:4.3756521357142%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 196.02kcal (9.8%), Fat: 17.55g (27.01%), Saturated Fat: 9.81g (61.32%), Carbohydrates: 2.46g (0.82%), Net Carbohydrates: 2.38g (0.87%), Sugar: 1.34g (1.48%), Cholesterol: 52.64mg (17.55%), Sodium: 211.03mg (9.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.45g (14.9%), Calcium: 155.51mg (15.55%), Phosphorus: 126.93mg (12.69%), Selenium: 8.81µg (12.58%), Vitamin A: 558.37IU (11.17%), Vitamin B2: 0.16mg (9.28%), Zinc: 1.17mg (7.81%), Vitamin B12: 0.44µg (7.33%), Vitamin B6: 0.06mg (3.14%), Vitamin B5: 0.29mg (2.85%), Vitamin E: 0.41mg (2.76%), Potassium: 82.28mg (2.35%), Magnesium: 9.34mg (2.34%), Vitamin B3: 0.42mg (2.08%), Folate: 7.84µg (1.96%), Iron: 0.24mg (1.34%), Vitamin B1: 0.02mg (1.18%), Vitamin K: 1.2µg (1.14%)