



Chipped Beef Dip

 **Gluten Free**

READY IN



495 min.

SERVINGS



10

CALORIES



401 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 20 ounce beef dried sliced
- 16 ounce cream cheese softened
- 1 bunch green onions chopped
- 1 ounce ranch dressing mix
- 16 ounce cup heavy whipping cream sour

Equipment

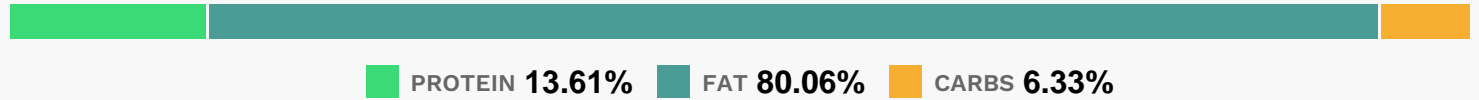
- bowl
- paper towels

plastic wrap

Directions

- Rinse dried beef in warm water, pat dry with paper towels, and slice into smaller pieces.
- Mix beef, green onions, cream cheese, sour cream, and ranch dressing mix in a bowl.
- Cover bowl with plastic wrap and refrigerate 8 hours to overnight.

Nutrition Facts



Properties

Glycemic Index:5.9, Glycemic Load:0.71, Inflammation Score:-5, Nutrition Score:8.5956521604372%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 401.23kcal (20.06%), Fat: 35.75g (55%), Saturated Fat: 18.1g (113.09%), Carbohydrates: 6.36g (2.12%), Net Carbohydrates: 6.29g (2.29%), Sugar: 3.31g (3.68%), Cholesterol: 112.83mg (37.61%), Sodium: 407.48mg (17.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.68g (27.35%), Vitamin B12: 1.41µg (23.47%), Selenium: 14.1µg (20.14%), Zinc: 2.76mg (18.37%), Vitamin A: 915.69IU (18.31%), Phosphorus: 173.48mg (17.35%), Vitamin B2: 0.27mg (15.67%), Vitamin B3: 2.49mg (12.46%), Vitamin B6: 0.23mg (11.43%), Calcium: 101.75mg (10.17%), Potassium: 276.28mg (7.89%), Vitamin K: 7.62µg (7.26%), Vitamin B5: 0.7mg (6.97%), Iron: 1.22mg (6.76%), Vitamin E: 0.81mg (5.39%), Magnesium: 18.74mg (4.68%), Folate: 12.31µg (3.08%), Vitamin B1: 0.05mg (3.01%), Copper: 0.05mg (2.65%), Vitamin C: 0.86mg (1.04%)