



## Chipped Beef on Toast

READY IN



10 min.

SERVINGS



4

CALORIES



433 kcal

SIDE DISH

### Ingredients

- 0.3 cup butter cubed
- 0.3 cup flour all-purpose
- 2 cups milk 2%
- 5 ounces beef dried thinly sliced
- 8 slices bread toasted

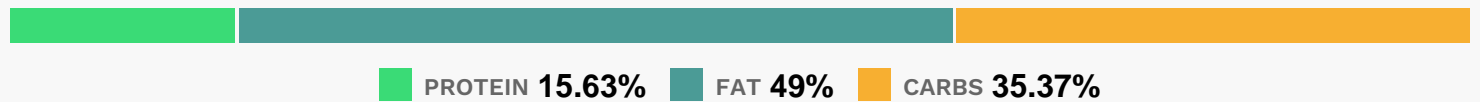
### Equipment

- bowl
- microwave

## Directions

- In a microwave-safe bowl, microwave butter on high for 35 seconds or until melted. Stir in flour until smooth. Gradually stir in milk.
- Microwave, uncovered, on high for 2-3 minutes or until thickened, stirring every minute. Stir in beef; cook on high for 1 minute or until heated through.
- Serve on toast.

## Nutrition Facts



## Properties

Glycemic Index:45.92, Glycemic Load:18.61, Inflammation Score:-5, Nutrition Score:15.37826103296%

## Nutrients (% of daily need)

Calories: 432.61kcal (21.63%), Fat: 23.54g (36.22%), Saturated Fat: 11.9g (74.36%), Carbohydrates: 38.23g (12.74%), Net Carbohydrates: 35.78g (13.01%), Sugar: 9.21g (10.23%), Cholesterol: 65.1mg (21.7%), Sodium: 435.46mg (18.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.9g (33.8%), Selenium: 27.18µg (38.83%), Manganese: 0.74mg (37.04%), Vitamin B2: 0.46mg (26.78%), Vitamin B3: 5.2mg (26.02%), Phosphorus: 248.63mg (24.86%), Vitamin B1: 0.35mg (23.56%), Vitamin B12: 1.41µg (23.46%), Calcium: 222.56mg (22.26%), Zinc: 2.7mg (17.98%), Folate: 70.7µg (17.68%), Iron: 3.09mg (17.18%), Vitamin B6: 0.23mg (11.27%), Vitamin B5: 1.11mg (11.07%), Magnesium: 43.97mg (10.99%), Potassium: 351.6mg (10.05%), Fiber: 2.45g (9.8%), Vitamin A: 476.03IU (9.52%), Copper: 0.12mg (6.14%), Vitamin K: 4.63µg (4.41%), Vitamin E: 0.62mg (4.14%)