



Chipped Beef on Toast

READY IN



50 min.

SERVINGS



12

CALORIES



1081 kcal

SIDE DISH

Ingredients

- 12 servings chipped beef for serving
- 1 tablespoon pepper black
- 4 tablespoons butter
- 2 tablespoons flour all-purpose
- 12 servings parsley fresh chopped for garnish
- 1 tablespoon rosemary fresh chopped
- 2 tablespoons garlic minced
- 12 cups heavy cream
- 12 servings paprika for garnish

- 1 teaspoon salt
- 3 shallots minced
- 12 servings sourdough toast for serving

Equipment

- frying pan
- sauce pan

Directions

- Watch how to make this recipe.
- In a small pan, melt 2 tablespoons of the butter and add the flour. Cook, stirring, until the mixture begins to turn a light brown color, about 4 minutes.
- Remove from the heat.
- In a large saucepan, melt the remaining 2 tablespoons butter. Cook the garlic, rosemary and shallots until the shallots are translucent.
- Add the cream and bring to a boil.
- Add the butter-flour mixture, reduce the heat and simmer for 10 to 15 minutes, stirring occasionally.
- Add the salt and pepper and strain.
- For each serving, heat 1 cup of sauce to a simmer, add 2 ounces chipped beef and bring to a boil.
- Pour the mixture over two to three slices sourdough toast and garnish with parsley and paprika.

Nutrition Facts

  
 PROTEIN 8.12%  FAT 87.71%  CARBS 4.17%

Properties

Glycemic Index:22, Glycemic Load:1.23, Inflammation Score:-10, Nutrition Score:23.504782697429%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1081.08kcal (54.05%), Fat: 107.08g (164.74%), Saturated Fat: 63.73g (398.32%), Carbohydrates: 11.44g (3.81%), Net Carbohydrates: 10.17g (3.7%), Sugar: 7.75g (8.61%), Cholesterol: 339.33mg (113.11%), Sodium: 355.67mg (15.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.31g (44.63%), Vitamin A: 4945.24IU (98.9%), Vitamin K: 77.61µg (73.91%), Vitamin B12: 2.21µg (36.8%), Vitamin B2: 0.62mg (36.28%), Selenium: 21.09µg (30.13%), Phosphorus: 291.13mg (29.11%), Zinc: 4.32mg (28.81%), Vitamin D: 3.89µg (25.95%), Vitamin B6: 0.45mg (22.29%), Vitamin E: 3.27mg (21.8%), Vitamin B3: 4.14mg (20.71%), Calcium: 192.57mg (19.26%), Potassium: 561.15mg (16.03%), Iron: 2.81mg (15.61%), Vitamin B5: 1.15mg (11.48%), Magnesium: 39.96mg (9.99%), Vitamin C: 7.72mg (9.36%), Manganese: 0.17mg (8.41%), Vitamin B1: 0.12mg (7.69%), Folate: 28.43µg (7.11%), Copper: 0.12mg (5.91%), Fiber: 1.27g (5.07%)