



Corned Beef Dip

READY IN



65 min.

SERVINGS



3

CALORIES



552 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 ounce corned beef ribs canned
- ☐ 1 ounce onion soup mix dry
- ☐ 16 ounce cup heavy whipping cream sour

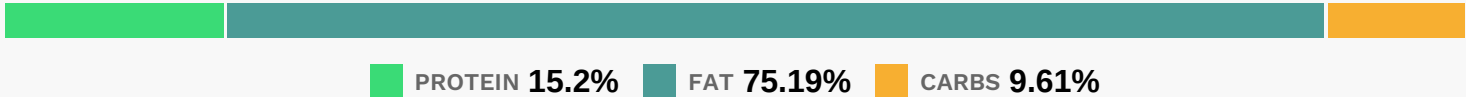
Equipment

- ☐ bowl

Directions

- ☐ Mix all ingredients in a bowl, cover, and chill for 1 hour.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:15.725652404453%

Nutrients (% of daily need)

Calories: 551.59kcal (27.58%), Fat: 46.26g (71.17%), Saturated Fat: 20.64g (129.02%), Carbohydrates: 13.31g (4.44%), Net Carbohydrates: 12.68g (4.61%), Sugar: 5.6g (6.22%), Cholesterol: 150.44mg (50.15%), Sodium: 2185.84mg (95.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.04g (42.09%), Selenium: 27.61µg (39.45%), Vitamin C: 32.3mg (39.15%), Vitamin B12: 2.34µg (38.93%), Vitamin B2: 0.46mg (26.94%), Phosphorus: 267.52mg (26.75%), Zinc: 3.84mg (25.58%), Vitamin B6: 0.45mg (22.29%), Vitamin B3: 4.43mg (22.15%), Vitamin A: 943.38IU (18.87%), Calcium: 174.16mg (17.42%), Potassium: 593.92mg (16.97%), Vitamin B5: 1.24mg (12.35%), Iron: 2.14mg (11.89%), Copper: 0.19mg (9.27%), Magnesium: 36.67mg (9.17%), Vitamin B1: 0.11mg (7.02%), Manganese: 0.1mg (5.11%), Vitamin E: 0.59mg (3.91%), Folate: 14.74µg (3.69%), Fiber: 0.62g (2.49%), Vitamin K: 2.4µg (2.29%)