



Creamed Chipped Beef On Toast

READY IN



20 min.

SERVINGS



4

CALORIES



263 kcal

SIDE DISH

Ingredients

- 8 ounce beef dried
- 2 tablespoons butter
- 1 pinch cayenne pepper
- 2 tablespoons flour all-purpose
- 1.5 cups warm milk

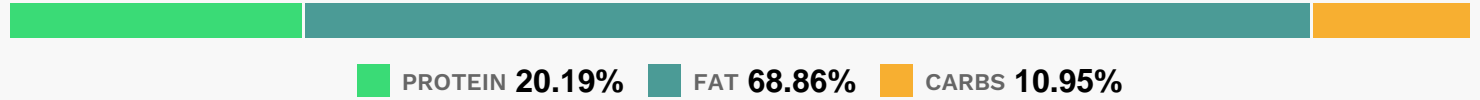
Equipment

- sauce pan
- whisk

Directions

- In a medium saucepan over low heat, melt butter.
- Whisk in flour all at once to form a roux.
- Whisk in milk, a little at a time, increase heat to medium-high, and cook, stirring, until thickened. Bring to a boil, stir in beef and cayenne, heat through and serve over toast.

Nutrition Facts



Properties

Glycemic Index:48.75, Glycemic Load:3.7, Inflammation Score:-3, Nutrition Score:8.4491304504159%

Nutrients (% of daily need)

Calories: 262.84kcal (13.14%), Fat: 19.99g (30.75%), Saturated Fat: 9.66g (60.36%), Carbohydrates: 7.15g (2.38%), Net Carbohydrates: 7.05g (2.56%), Sugar: 4.42g (4.91%), Cholesterol: 66.29mg (22.1%), Sodium: 117.85mg (5.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.19g (26.37%), Vitamin B12: 1.72µg (28.66%), Phosphorus: 187.8mg (18.78%), Zinc: 2.78mg (18.52%), Selenium: 11.59µg (16.55%), Vitamin B2: 0.23mg (13.61%), Vitamin B3: 2.72mg (13.6%), Calcium: 125.03mg (12.5%), Vitamin B6: 0.24mg (12.07%), Potassium: 296.53mg (8.47%), Iron: 1.28mg (7.1%), Vitamin D: 1.06µg (7.09%), Vitamin B1: 0.11mg (7.03%), Vitamin A: 333.56IU (6.67%), Vitamin B5: 0.65mg (6.5%), Magnesium: 21.62mg (5.41%), Vitamin E: 0.45mg (3%), Folate: 11.07µg (2.77%), Copper: 0.04mg (2.05%), Manganese: 0.04mg (1.77%), Vitamin K: 1.82µg (1.73%)