



Creamy Dried Beef Dip

 Gluten Free

READY IN



195 min.

SERVINGS



15

CALORIES



187 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4.5 ounce beef dried chopped
- ☐ 0.3 teaspoon pepper black
- ☐ 16 ounce cream cheese softened
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 cup milk
- ☐ 0.3 cup onion finely chopped
- ☐ 0.5 cup pecans chopped
- ☐ 0.5 cup bell pepper green red chopped

☐

8 ounce cream sour

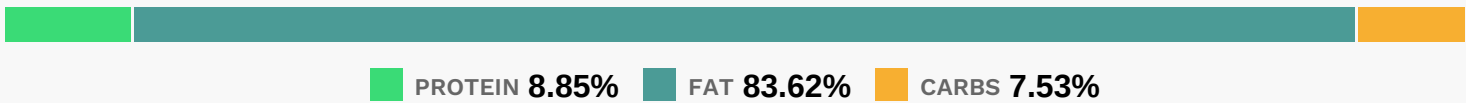
Equipment

- ☐ hand mixer
- ☐ slow cooker

Directions

- ☐ Beat first 5 ingredients at medium speed with an electric mixer until blended; stir in beef and remaining ingredients. Spoon into a lightly greased 3-quart slow cooker.
- ☐ Cover and cook on LOW 3 hours. Stir before serving.
- ☐ Serve with bagel chips and red pepper strips.
- ☐ Party Tip: This dip holds well on the LOW setting of your slow cooker for up to 2 hours; just stir occasionally.

Nutrition Facts



Properties

Glycemic Index:9.93, Glycemic Load:0.61, Inflammation Score:-4, Nutrition Score:4.0565217150294%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 187.23kcal (9.36%), Fat: 17.8g (27.38%), Saturated Fat: 8.59g (53.71%), Carbohydrates: 3.6g (1.2%), Net Carbohydrates: 3.11g (1.13%), Sugar: 2.23g (2.47%), Cholesterol: 45.99mg (15.33%), Sodium: 107.18mg (4.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.24g (8.48%), Vitamin A: 527.55IU (10.55%), Manganese:

0.18mg (9.19%), Phosphorus: 73.48mg (7.35%), Vitamin B2: 0.12mg (7.07%), Selenium: 4.68µg (6.68%), Calcium: 54.98mg (5.5%), Vitamin C: 4.37mg (5.29%), Vitamin B12: 0.3µg (5.04%), Zinc: 0.75mg (5%), Vitamin B6: 0.08mg (3.8%), Potassium: 116.4mg (3.33%), Vitamin B5: 0.32mg (3.21%), Copper: 0.06mg (3.1%), Vitamin B1: 0.04mg (2.95%), Magnesium: 11.42mg (2.86%), Vitamin E: 0.42mg (2.83%), Vitamin B3: 0.48mg (2.38%), Fiber: 0.49g (1.97%), Iron: 0.33mg (1.83%), Folate: 6.06µg (1.51%), Vitamin K: 1.59µg (1.51%)