



Dad's Beef and Chive Dip

 Gluten Free

READY IN



75 min.

SERVINGS



7

CALORIES



509 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 ounce beef dried cut into squares
- ☐ 16 ounce cream cheese softened
- ☐ 0.3 cup green onion chopped to taste
- ☐ 8 ounce mild cheddar cheese shredded
- ☐ 16 ounce cup heavy whipping cream sour

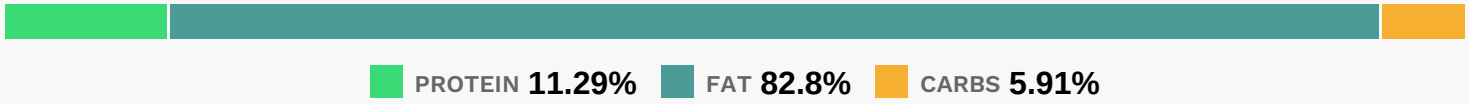
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐
- Mix the sour cream and chive dip, sour cream, and cream cheese together in a large bowl.
- ☐
- Fold the green onion, dried beef, and Cheddar cheese into the cream cheese mixture.
- ☐
- Cover dip with plastic wrap and refrigerate until set, at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:12.29, Glycemic Load:1.23, Inflammation Score:-7, Nutrition Score:10.283913083698%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 509kcal (25.45%), Fat: 47.5g (73.08%), Saturated Fat: 26.48g (165.48%), Carbohydrates: 7.63g (2.54%), Net Carbohydrates: 7.54g (2.74%), Sugar: 4.84g (5.37%), Cholesterol: 141.83mg (47.28%), Sodium: 441.45mg (19.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.57g (29.14%), Calcium: 361.4mg (36.14%), Vitamin A: 1634.2IU (32.68%), Phosphorus: 281.09mg (28.11%), Selenium: 18.38µg (26.25%), Vitamin B2: 0.42mg (24.45%), Zinc: 2.08mg (13.86%), Vitamin B12: 0.8µg (13.26%), Vitamin K: 10.65µg (10.14%), Vitamin B5: 0.76mg (7.64%), Vitamin E: 1.1mg (7.33%), Potassium: 223.21mg (6.38%), Magnesium: 23.15mg (5.79%), Vitamin B6: 0.11mg (5.68%), Folate: 19.38µg (4.84%), Vitamin B1: 0.04mg (2.85%), Vitamin B3: 0.5mg (2.49%), Iron: 0.38mg (2.1%), Copper: 0.04mg (2.1%), Vitamin C: 1.25mg (1.52%), Vitamin D: 0.2µg (1.35%), Manganese: 0.02mg (1.2%)