



Dried Beef Dip

READY IN



45 min.

SERVINGS



4

CALORIES



1277 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

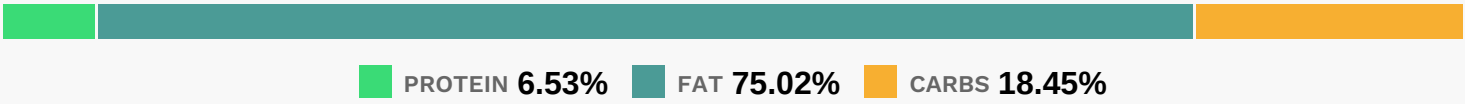
- ☐ 4.5 ounce beef dried chopped
- ☐ 1 cabbage
- ☐ 4 servings round buttery crackers assorted
- ☐ 8 ounce cream cheese soft
- ☐ 16 ounce cream cheese softened
- ☐ 1 small onion grated
- ☐ 16 ounce dressing ranch-style

Equipment

Directions

- ☐ Beat first 4 ingredients until blended; stir in beef.
- ☐ Serve in a hollowed cabbage with crackers.
- ☐ Sprinkle with pecans, if desired.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:6.19, Inflammation Score:-9, Nutrition Score:30.593478159412%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

Nutrients (% of daily need)

Calories: 1276.95kcal (63.85%), Fat: 107.97g (166.11%), Saturated Fat: 43.82g (273.87%), Carbohydrates: 59.75g (19.92%), Net Carbohydrates: 53.41g (19.42%), Sugar: 39.74g (44.16%), Cholesterol: 240.94mg (80.31%), Sodium: 1702.04mg (74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.16g (42.31%), Vitamin K: 259.69µg (247.33%), Vitamin C: 85.06mg (103.1%), Vitamin A: 2578.66IU (51.57%), Vitamin E: 5.99mg (39.92%), Phosphorus: 387.8mg (38.78%), Selenium: 26.36µg (37.66%), Vitamin B2: 0.64mg (37.57%), Folate: 134.53µg (33.63%), Manganese: 0.62mg (30.83%), Calcium: 300.41mg (30.04%), Vitamin B6: 0.52mg (25.91%), Fiber: 6.34g (25.36%), Potassium: 780.82mg (22.31%), Vitamin B1: 0.31mg (20.58%), Zinc: 2.9mg (19.34%), Vitamin B12: 1.16µg (19.31%), Vitamin B5: 1.84mg (18.4%), Iron: 3mg (16.66%), Vitamin B3: 2.9mg (14.52%), Magnesium: 56.16mg (14.04%), Copper: 0.14mg (7.01%)