



DT's Beef Dip

 Gluten Free

READY IN



490 min.

SERVINGS



4

CALORIES



729 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounce beef dried chopped
- ☐ 24 ounce cream cheese
- ☐ 15 green onions chopped
- ☐ 0.8 cup milk
- ☐ 2 tablespoons beau monde TM seasoning

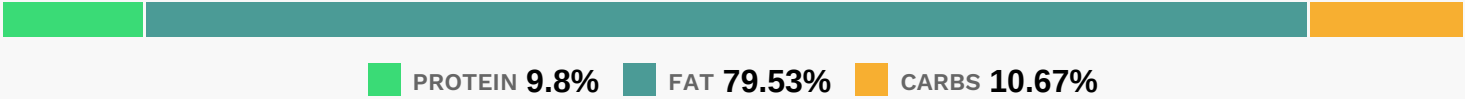
Equipment

- ☐ bowl

Directions

☐ In a medium bowl, beat cream cheese until smooth. Stir in onion and beef. Beat in milk, a little at a time, until dip is the consistency of a thick pea soup. Stir in seasoning. Refrigerate 8 hours or overnight before serving.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:4.13, Inflammation Score:-9, Nutrition Score:22.865217312523%

Flavonoids

Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg

Nutrients (% of daily need)

Calories: 728.79kcal (36.44%), Fat: 66.05g (101.61%), Saturated Fat: 37.51g (234.47%), Carbohydrates: 19.92g (6.64%), Net Carbohydrates: 15.61g (5.68%), Sugar: 9.95g (11.05%), Cholesterol: 197.42mg (65.81%), Sodium: 579.53mg (25.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.32g (36.64%), Vitamin K: 143.33µg (136.51%), Vitamin A: 2932.93IU (58.66%), Calcium: 376.84mg (37.68%), Vitamin B2: 0.57mg (33.61%), Phosphorus: 300.6mg (30.06%), Selenium: 20.35µg (29.08%), Manganese: 0.46mg (23.22%), Iron: 4.12mg (22.91%), Vitamin E: 3.2mg (21.33%), Vitamin B12: 1.23µg (20.47%), Zinc: 2.6mg (17.32%), Fiber: 4.31g (17.25%), Potassium: 587.05mg (16.77%), Vitamin B6: 0.32mg (15.97%), Folate: 63.62µg (15.9%), Vitamin B5: 1.38mg (13.84%), Magnesium: 54.58mg (13.65%), Vitamin C: 8.63mg (10.46%), Vitamin B3: 1.98mg (9.9%), Vitamin B1: 0.11mg (7.65%), Copper: 0.13mg (6.63%), Vitamin D: 0.53µg (3.54%)