



Extra-Creamy Dried Beef Dip

READY IN



45 min.

SERVINGS



10

CALORIES



282 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 servings roasted-garlic bagel chips assorted
- 4 ounce beef dried chopped
- 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
- 0.3 teaspoon pepper
- 0.5 cup bell pepper green red chopped

8 ounce cup heavy whipping cream sour

Equipment

oven

baking pan

hand mixer

Directions

Beat first 5 ingredients at medium speed with an electric mixer until blended; stir in beef, bell pepper, and onion. Spoon into a 2 1/2-quart baking dish; sprinkle with pecans.

Bake at 350 for 20 minutes.

Serve immediately with crackers or bagel chips.

Extra-Creamy Smoked Salmon Dip: Substitute 4 ounces smoked salmon for dried beef, dried chives for finely chopped onion, and add 1/4 teaspoon salt to mixture. Omit chopped pecans.

Nutrition Facts


PROTEIN 8.68% FAT 82.89% CARBS 8.43%

Properties

Glycemic Index:14.9, Glycemic Load:0.92, Inflammation Score:-5, Nutrition Score:5.983478297358%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 281.89kcal (14.09%), Fat: 26.57g (40.88%), Saturated Fat: 12.8g (79.99%), Carbohydrates: 6.08g (2.03%), Net Carbohydrates: 5.31g (1.93%), Sugar: 3.41g (3.79%), Cholesterol: 67.98mg (22.66%), Sodium: 170.88mg (7.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.26g (12.52%), Vitamin A: 791.32IU (15.83%), Manganese:

0.28mg (13.77%), Phosphorus: 107.98mg (10.8%), Vitamin B2: 0.18mg (10.48%), Selenium: 6.8µg (9.72%), Calcium: 82.21mg (8.22%), Vitamin C: 6.55mg (7.94%), Zinc: 1.07mg (7.11%), Vitamin B12: 0.42µg (7.05%), Vitamin B6: 0.11mg (5.47%), Potassium: 170.77mg (4.88%), Vitamin B5: 0.47mg (4.75%), Copper: 0.09mg (4.61%), Vitamin B1: 0.07mg (4.38%), Magnesium: 16.89mg (4.22%), Vitamin E: 0.63mg (4.21%), Vitamin B3: 0.65mg (3.27%), Fiber: 0.77g (3.09%), Iron: 0.5mg (2.81%), Folate: 8.98µg (2.25%), Vitamin K: 2.36µg (2.24%)