



Hot Beef Dip

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2.5 oz beef smoked sliced chopped
- 1 Tbsp butter
- 8 oz philadelphia cream cheese cubed
- 2 Tbsp parsley fresh chopped
- 1 cup milk
- 4 oz mushroom pieces and stems drained canned
- 0.3 cup onion chopped
- 0.3 cup parmesan cheese grated kraft

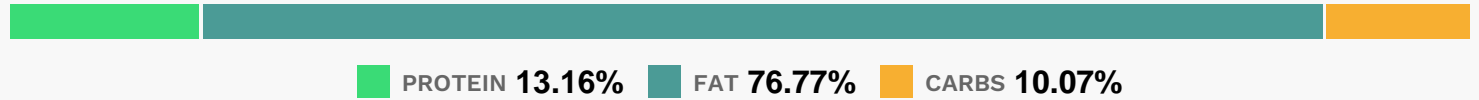
Equipment

sauce pan

Directions

- Cook and stir onion in butter in medium saucepan on low heat until onion is tender.
- Add milk and cream cheese; cook until cream cheese is completely melted, stirring frequently.
- Stir in remaining ingredients; cook until heated through, stirring occasionally.
- Serve as a hot dip with French bread cubes.

Nutrition Facts



Properties

Glycemic Index:6.24, Glycemic Load:0.38, Inflammation Score:-1, Nutrition Score:1.7369565147421%

Flavonoids

Apigenin: 0.66mg, Apigenin: 0.66mg, Apigenin: 0.66mg, Apigenin: 0.66mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 54.79kcal (2.74%), Fat: 4.75g (7.31%), Saturated Fat: 2.48g (15.52%), Carbohydrates: 1.4g (0.47%), Net Carbohydrates: 1.32g (0.48%), Sugar: 0.97g (1.08%), Cholesterol: 13.22mg (4.41%), Sodium: 57.34mg (2.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.67%), Vitamin K: 5.28µg (5.03%), Vitamin A: 191.97IU (3.84%), Vitamin B2: 0.06mg (3.6%), Phosphorus: 35.05mg (3.51%), Calcium: 31.25mg (3.12%), Selenium: 2.17µg (3.1%), Vitamin B12: 0.15µg (2.49%), Zinc: 0.28mg (1.84%), Vitamin B5: 0.18mg (1.77%), Potassium: 54.79mg (1.57%), Vitamin B3: 0.31mg (1.54%), Vitamin B6: 0.03mg (1.4%)