



## Hot Chipped Beef Dip

 **Gluten Free**

READY IN



**35 min.**

SERVINGS



**10**

CALORIES



**256 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 ounce beef dried chopped
- 2 tablespoons butter
- 8 ounce cream cheese softened
- 0.5 cup mayonnaise
- 0.5 cup onion chopped
- 0.5 cup pecans chopped
- 0.5 cup cup heavy whipping cream sour
- 2 tablespoons white wine

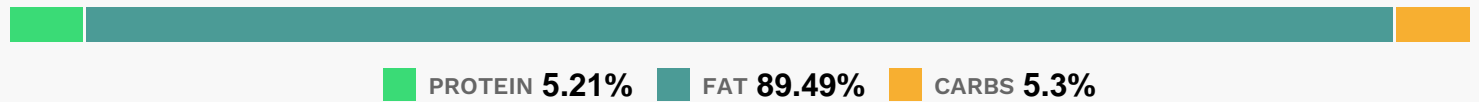
## Equipment

- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large skillet, saute onion in butter over a medium-low heat until the onion is tender.
- Add white wine and simmer for 2 minutes.
- Mix sour cream, mayonnaise, cream cheese, and dried beef into the skillet. Stir continuously until all of the ingredients are melted together.
- Pour the mixture into an 8 inch baking dish and top with the pecans.
- Bake for 15 to 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:17.9, Glycemic Load:0.57, Inflammation Score:-4, Nutrition Score:4.4904347969138%

## 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: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

## Nutrients (% of daily need)

Calories: 256.11kcal (12.81%), Fat: 25.75g (39.61%), Saturated Fat: 9.27g (57.92%), Carbohydrates: 3.43g (1.14%), Net Carbohydrates: 2.77g (1.01%), Sugar: 1.89g (2.11%), Cholesterol: 44.44mg (14.81%), Sodium: 168.17mg (7.31%), Alcohol: 0.31g (100%), Alcohol %: 0.56% (100%), Protein: 3.37g (6.74%), Vitamin K: 19.44µg (18.51%), Manganese: 0.26mg (13.21%), Vitamin A: 456.7IU (9.13%), Phosphorus: 62.95mg (6.29%), Vitamin B2: 0.09mg (5.45%), Selenium: 3.76µg (5.37%), Vitamin E: 0.77mg (5.15%), Zinc: 0.67mg (4.48%), Calcium: 42.13mg (4.21%), Copper: 0.08mg (4.02%), Vitamin B12: 0.21µg (3.56%), Vitamin B1: 0.05mg (3.4%), Magnesium: 12.02mg (3%), Vitamin B6: 0.06mg (2.96%), Potassium: 98.69mg (2.82%), Vitamin B5: 0.28mg (2.77%), Fiber: 0.66g (2.64%), Iron: 0.33mg (1.83%), Vitamin B3: 0.35mg (1.74%), Folate: 6.52µg (1.63%)