



Nettles Dried Beef Dip

 Gluten Free

READY IN



135 min.

SERVINGS



8

CALORIES



161 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 ounce beef dried finely chopped
- ☐ 2.3 ounce olives black drained sliced canned
- ☐ 8 ounce cream cheese softened
- ☐ 0.3 teaspoon dill weed dried
- ☐ 1 teaspoon horseradish
- ☐ 2 tablespoons milk
- ☐ 2 tablespoons onion chopped
- ☐ 0.5 cup cup heavy whipping cream sour

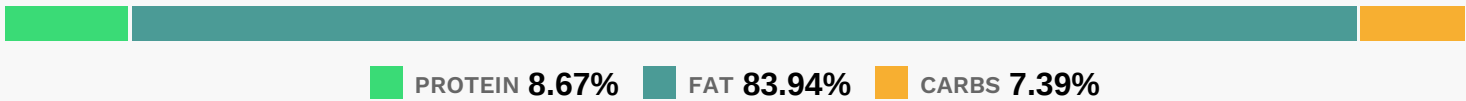
Equipment

☐ bowl

Directions

☐ Place the cream cheese, sour cream, milk, horseradish, onion, and dill in a bowl, and stir until well blended. Gently fold in the beef and black olives. Cover and refrigerate 2 hours, or overnight to blend flavors before serving.

Nutrition Facts



Properties

Glycemic Index:15.88, Glycemic Load:0.56, Inflammation Score:-3, Nutrition Score:2.8630434663399%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 160.88kcal (8.04%), Fat: 15.31g (23.55%), Saturated Fat: 7.96g (49.72%), Carbohydrates: 3.03g (1.01%), Net Carbohydrates: 2.7g (0.98%), Sugar: 1.94g (2.15%), Cholesterol: 42.6mg (14.2%), Sodium: 226.82mg (9.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.11%), Vitamin A: 509.59IU (10.19%), Vitamin B2: 0.11mg (6.26%), Selenium: 4.21µg (6.01%), Phosphorus: 57.65mg (5.77%), Calcium: 53.53mg (5.35%), Vitamin B12: 0.26µg (4.41%), Vitamin E: 0.63mg (4.22%), Zinc: 0.51mg (3.43%), Vitamin B6: 0.05mg (2.67%), Vitamin B5: 0.26mg (2.65%), Potassium: 89.72mg (2.56%), Vitamin B3: 0.37mg (1.84%), Magnesium: 7.08mg (1.77%), Iron: 0.24mg (1.34%), Fiber: 0.33g (1.32%), Folate: 4.98µg (1.25%), Vitamin B1: 0.02mg (1.17%), Copper: 0.02mg (1.16%), Vitamin K: 1.08µg (1.03%)