



Philly Cheesesteak Dip

READY IN



55 min.

SERVINGS



12

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons vegetable oil
- 0.5 cup onion chopped
- 1 cup bell pepper green red chopped
- 2 cups roast beef sliced chopped
- 4 oz chilis green chopped canned
- 8 slices processed cheese food white cut into pieces (from 16-oz package)
- 3 oz cream cheese
- 0.3 cup salad dressing
- 0.1 teaspoon pepper

- 0.3 cup parmesan cheese grated
- 1 serving pretzels hard

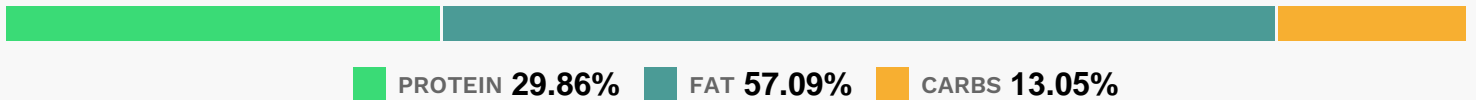
Equipment

- frying pan
- oven
- baking pan

Directions

- Heat oven to 350°F. Lightly spray ovenproof 1-quart baking dish with cooking spray.
- In 10-inch skillet, heat oil, onion and bell peppers over medium heat; cook and stir about 5 minutes or until onion has softened and turned translucent. Stir in roast beef; cook 2 minutes.
- Add chiles, American cheese, cream cheese, mayonnaise and pepper; stir until cheese is melted.
- Pour mixture into baking dish; sprinkle with Parmesan cheese.
- Bake uncovered 25 to 30 minutes or until golden brown on top.
- Serve with pretzels as dippers.

Nutrition Facts



Properties

Glycemic Index:17.17, Glycemic Load:2.02, Inflammation Score:-4, Nutrition Score:9.1086955536967%

Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg 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: 168kcal (8.4%), Fat: 10.76g (16.56%), Saturated Fat: 5.04g (31.48%), Carbohydrates: 5.54g (1.85%), Net Carbohydrates: 4.96g (1.8%), Sugar: 1.75g (1.94%), Cholesterol: 45.45mg (15.15%), Sodium: 1003.87mg (43.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.67g (25.34%), Vitamin C: 31.52mg (38.21%), Calcium:

289.58mg (28.96%), Phosphorus: 196.06mg (19.61%), Vitamin B3: 3.21mg (16.07%), Vitamin B12: 0.92µg (15.4%), Zinc: 1.96mg (13.09%), Vitamin B6: 0.22mg (11.16%), Selenium: 7.08µg (10.11%), Vitamin B2: 0.12mg (7.13%), Iron: 1.24mg (6.92%), Vitamin A: 305.36IU (6.11%), Potassium: 194.18mg (5.55%), Vitamin K: 5.72µg (5.45%), Folate: 17.61µg (4.4%), Magnesium: 16.58mg (4.14%), Manganese: 0.07mg (3.35%), Vitamin B1: 0.04mg (2.98%), Vitamin E: 0.41mg (2.74%), Copper: 0.05mg (2.6%), Vitamin B5: 0.26mg (2.59%), Fiber: 0.58g (2.3%)