



Slow-Cooker Creamy Beef Dip

READY IN



140 min.

SERVINGS



26

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 oz cream cheese softened cut into pieces and
- 4.5 oz beef dried chopped ()
- 4 oz swiss cheese shredded
- 0.3 cup spring onion sliced (5 medium)
- 0.8 teaspoon ground mustard dry
- 0.5 cup beef broth reduced-sodium
- 1.3 lb pumpernickel bread sliced

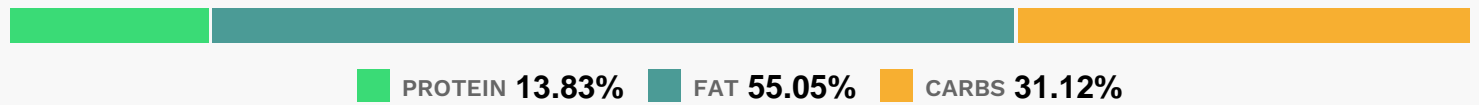
Equipment

- bowl
- slow cooker

Directions

- In medium bowl, mix all ingredients except bread. Spoon into 2- to 3-quart slow cooker.
- Cover and cook on Low heat setting 1 to 2 hours, stirring occasionally, until mixture is melted and hot. Dip will hold on Low heat setting up to 2 hours.
- Serve with bread.

Nutrition Facts



Properties

Glycemic Index:5.46, Glycemic Load:5.3, Inflammation Score:-3, Nutrition Score:4.9543478319664%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 146.17kcal (7.31%), Fat: 9.03g (13.9%), Saturated Fat: 4.79g (29.94%), Carbohydrates: 11.49g (3.83%), Net Carbohydrates: 10.04g (3.65%), Sugar: 0.81g (0.89%), Cholesterol: 25.16mg (8.39%), Sodium: 204.78mg (8.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.11g (10.21%), Manganese: 0.29mg (14.53%), Selenium: 9.02µg (12.89%), Phosphorus: 91.22mg (9.12%), Vitamin B2: 0.13mg (7.55%), Calcium: 72.53mg (7.25%), Folate: 23.5µg (5.88%), Fiber: 1.46g (5.83%), Vitamin A: 283.3IU (5.67%), Zinc: 0.81mg (5.43%), Vitamin B1: 0.08mg (5.27%), Vitamin B12: 0.28µg (4.58%), Vitamin B3: 0.91mg (4.55%), Iron: 0.77mg (4.28%), Magnesium: 16.09mg (4.02%), Copper: 0.07mg (3.61%), Vitamin K: 3.35µg (3.19%), Vitamin B6: 0.06mg (2.86%), Potassium: 97.93mg (2.8%), Vitamin B5: 0.23mg (2.32%), Vitamin E: 0.3mg (1.99%)