



Slow-Cooker Hot Chipped Beef and Chipotle Dip

 Gluten Free  Popular

READY IN



130 min.

SERVINGS



2

CALORIES



709 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz cream cheese softened
- 0.5 cup monterrey jack cheese shredded hot
- 2 tablespoons onion finely chopped
- 2 tablespoons mayonnaise
- 0.3 teaspoon garlic powder
- 2 chipotles in adobo seeded finely chopped (from 7)
- 2 beef dried finely chopped

0.3 cup pecans toasted chopped

Equipment

bowl

slow cooker

Directions

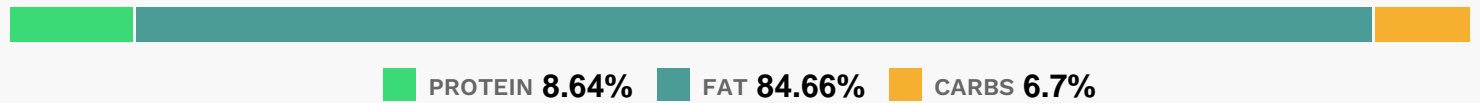
In medium bowl, combine cream cheese, Monterey Jack cheese, onion, mayonnaise, garlic powder and chiles; mix well. Stir in dried beef. Spoon into 1 or 1 1/2-quart slow cooker.

Cover; heat on Low setting 1 1/2 to 2 hours.

Just before serving, sprinkle pecans over top. Dip can be kept warm in slow cooker for up to 1 hour.

Serve with crackers or cocktail bread.

Nutrition Facts



Properties

Glycemic Index:73, Glycemic Load:2.06, Inflammation Score:-8, Nutrition Score:13.584782455278%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 709.4kcal (35.47%), Fat: 68.06g (104.71%), Saturated Fat: 30.86g (192.9%), Carbohydrates: 12.13g (4.04%), Net Carbohydrates: 9.12g (3.32%), Sugar: 6.46g (7.18%), Cholesterol: 146.26mg (48.75%), Sodium: 615.91mg (26.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.62g (31.25%), Vitamin A: 1757.86IU (35.16%), Calcium: 334.17mg (33.42%), Manganese: 0.65mg (32.32%), Phosphorus: 293.48mg (29.35%), Vitamin K: 26.44µg

(25.18%), Vitamin B2: 0.4mg (23.3%), Selenium: 14.98µg (21.4%), Zinc: 2.12mg (14.15%), Fiber: 3.01g (12.05%), Vitamin E: 1.71mg (11.38%), Copper: 0.2mg (10.11%), Magnesium: 35.92mg (8.98%), Vitamin B12: 0.52µg (8.7%), Vitamin B5: 0.87mg (8.67%), Vitamin B1: 0.13mg (8.55%), Potassium: 253mg (7.23%), Vitamin B6: 0.14mg (6.85%), Iron: 1.12mg (6.24%), Folate: 21.13µg (5.28%), Vitamin B3: 0.35mg (1.73%), Vitamin D: 0.2µg (1.32%), Vitamin C: 0.89mg (1.08%)