



Tammy's Philly Cheese Steak Dip

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



147 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce cream cheese softened
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.5 cup dressing italian
- ☐ 0.3 cup mayonnaise
- ☐ 0.5 cup onion chopped
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 cup provolone cheese shredded
- ☐ 0.5 pound pan drippings from roast beef preferably sliced chopped

☐ 16 servings salt and pepper to taste

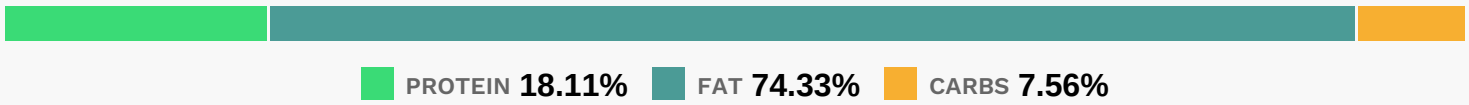
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C).
- ☐ Place the onion, green pepper, and Italian dressing in a large skillet over medium heat; cook and stir until the onion has softened and turned translucent, about 5 minutes.
- ☐ Add the provolone, cream cheese, mayonnaise, salt, and pepper; stir until the cheese has melted.
- ☐ Remove the skillet from the heat and stir in the roast beef.
- ☐ Pour the mixture into an oven proof baking dish and sprinkle with Parmesan cheese.
- ☐ Bake uncovered for 25 minutes or until hot and bubbly.

Nutrition Facts



Properties

Glycemic Index:8.81, Glycemic Load:0.39, Inflammation Score:-3, Nutrition Score:4.5239130906437%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 146.51kcal (7.33%), Fat: 12.18g (18.75%), Saturated Fat: 5.32g (33.23%), Carbohydrates: 2.79g (0.93%), Net Carbohydrates: 2.62g (0.95%), Sugar: 1.72g (1.91%), Cholesterol: 30.92mg (10.31%), Sodium: 634.44mg (27.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.68g (13.36%), Calcium: 132.59mg (13.26%), Vitamin C: 10.52mg (12.75%), Vitamin K: 10.69µg (10.18%), Phosphorus: 97.57mg (9.76%), Vitamin B12: 0.42µg (6.96%), Zinc: 0.94mg (6.28%), Vitamin A: 298.73IU (5.97%), Selenium: 4.16µg (5.95%), Vitamin B3: 1.12mg (5.59%), Vitamin B2: 0.09mg

(5.01%), Vitamin B6: 0.09mg (4.67%), Vitamin E: 0.44mg (2.95%), Potassium: 95.02mg (2.71%), Iron: 0.42mg (2.32%), Magnesium: 8.48mg (2.12%), Vitamin B5: 0.18mg (1.84%), Folate: 5.07µg (1.27%), Vitamin B1: 0.02mg (1.23%), Copper: 0.02mg (1.12%), Manganese: 0.02mg (1.08%)