

Hot Chipped Beef Dip

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1 package (8 ounce) cream cheese
1 carton (8 ounce) sour cream
2 1/2 ounces dried chipped beef
2 tablespoons milk
2 tablespoons green pepper, chopped
2 tablespoons green onion, chopped

Preheat the oven to 350 degrees.

In a baking dish, mix all of the ingredients.

Bake for 15 minutes.

To serve, sprinkle a little Worcestershire sauce and chopped nuts on top.

Per Serving (excluding unknown items): 1330 Calories; 130g Fat (86.5% calories from fat); 26g Protein; 19g Carbohydrate; 1g Dietary Fiber; 361mg Cholesterol; 825mg Sodium. Exchanges: 2 1/2 Lean Meat; 1/2 Vegetable; 1 Non-Fat Milk; 24 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1330
% Calories from Fat:	86.5%
% Calories from Carbohydrates:	5.8%
% Calories from Protein:	7.7%
Total Fat (g):	130g
Saturated Fat (g):	82g
Monounsaturated Fat (g):	37g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	361mg
Carbohydrate (g):	19g
Dietary Fiber (g):	1g
Protein (g):	26g
Sodium (mg):	825mg
Potassium (mg):	720mg
Calcium (mg):	500mg

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	1.8mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.9mg
Folacin (mcg):	69mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	2 1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	1

Iron (mg): 3mg
Zinc (mg): 2mg
Vitamin C (mg): 21mg
Vitamin A (i.u.): 5330IU
Vitamin A (r.e.): 1570 1/2RE

Fat: 24 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1330 **Calories from Fat:** 1151

% Daily Values*

Total Fat	130g	200%
Saturated Fat	82g	408%
Cholesterol	361mg	120%
Sodium	825mg	34%
Total Carbohydrates	19g	6%
Dietary Fiber	1g	3%
Protein	26g	
Vitamin A		107%
Vitamin C		35%
Calcium		50%
Iron		18%

* Percent Daily Values are based on a 2000 calorie diet.