

Hot Beef Dip

Philadelphia Cream Cheese Favorite Recipes (1988)
1988 Kraft Inc.

Yield: 2 1/2 cups

- 1/4 cup onion, chopped
- 1 tablespoon margarine
- 1 cup milk
- 1 package (8 ounce) cream cheese, cubed
- 1 package (3 ounce) smoked sliced beef, chopped
- 1 can (4 ounce) mushrooms, drained
- 1/4 cup (1 ounce) Parmesan cheese
- 2 tablespoons parsley, chopped

Saute' the onions in the margarine. Add the milk and cream cheese. Stir over low heat until the cream cheese is melted.

Add the beef, mushrooms, Parmesan and parsley. Heat thoroughly, stirring occasionally.

Serve hot with French bread slices, if desired.

Variation: Substitute 2-1/2 ounce package of smoked sliced turkey for the 3 ounce package of smoked sliced beef.

Per Serving (excluding unknown items): 1089 Calories; 101g Fat (82.1% calories from fat); 27g Protein; 22g Carbohydrate; 1g Dietary Fiber; 289mg Cholesterol; 968mg Sodium. Exchanges: 2 1/2 Lean Meat; 1 Vegetable; 1 Non-Fat Milk; 18 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1089	Vitamin B6 (mg):	.3mg
% Calories from Fat:	82.1%	Vitamin B12 (mcg):	1.9mcg
% Calories from Carbohydrates:	8.1%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	9.8%	Riboflavin B2 (mg):	.9mg
Total Fat (g):	101g	Folacin (mcg):	66mcg
Saturated Fat (g):	58g	Niacin (mg):	1mg
Monounsaturated Fat (g):	31g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	7g	Alcohol (kcal):	0
Cholesterol (mg):	289mg	% Daily Value*	n n%
Carbohydrate (g):	22g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	27g	Lean Meat:	2 1/2
Sodium (mg):	968mg	Vegetable:	1

Potassium (mg): 825mg
Calcium (mg): 517mg
Iron (mg): 4mg
Zinc (mg): 2mg
Vitamin C (mg): 15mg
Vitamin A (i.u.): 4521IU
Vitamin A (r.e.): 1245RE

Fruit: 0
Non-Fat Milk: 1
Fat: 18 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1089 **Calories from Fat:** 894

% Daily Values*

Total Fat 101g	155%
Saturated Fat 58g	291%
Cholesterol 289mg	96%
Sodium 968mg	40%
Total Carbohydrates 22g	7%
Dietary Fiber 1g	5%
Protein 27g	
Vitamin A	90%
Vitamin C	26%
Calcium	52%
Iron	20%

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