

Creamed Chipped Beef On Toast

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-dried-beef-recipe>

Ingredients:

- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1 1/2 cups milk warm
- 8 ounces dried beef
- 1 pinch cayenne pepper

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 70 milligrams
4. Fat: 9 grams
5. Protein: 22 grams
6. SaturatedFat: 5 grams
7. Sodium: 1690 milligrams
8. Sugar: 7 grams

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