



Anne's Hot Sausage Dip

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



408 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 servings corn chips
- ☐ 8 ounce cream cheese softened
- ☐ 1 pound sausage meat hot
- ☐ 3 ounces sharp cheddar cheese shredded
- ☐ 10 ounce tomato and chiles diced green canned

Equipment

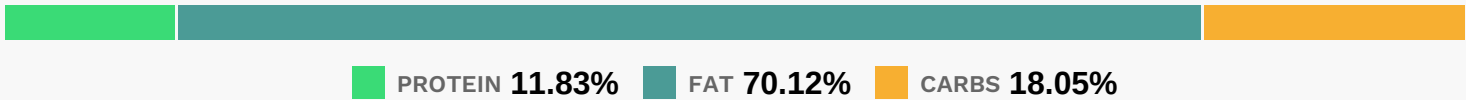
- ☐ frying pan
- ☐ oven

☐ baking pan

Directions

- ☐ Cook sausage in a large skillet, stirring until meat crumbles and is no longer pink; drain well.
- ☐ Drain diced tomato and green chiles, reserving 1/4 cup liquid.
- ☐ Stir together sausage, diced tomato and green chiles, reserved liquid, and cream cheese. Spoon into a lightly greased 1-quart baking dish; sprinkle with Cheddar cheese.
- ☐ Bake at 350 for 20 to 25 minutes or until bubbly.
- ☐ Serve with corn chips.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.68, Inflammation Score:-5, Nutrition Score:8.6260869814002%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 407.99kcal (20.4%), Fat: 32.14g (49.44%), Saturated Fat: 11.42g (71.4%), Carbohydrates: 18.61g (6.2%), Net Carbohydrates: 17.15g (6.23%), Sugar: 1.7g (1.89%), Cholesterol: 64.07mg (21.36%), Sodium: 560.66mg (24.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.2g (24.4%), Phosphorus: 185.58mg (18.56%), Vitamin E: 2.52mg (16.82%), Vitamin A: 659.98IU (13.2%), Vitamin B3: 2.56mg (12.81%), Calcium: 127.69mg (12.77%), Zinc: 1.82mg (12.13%), Vitamin B6: 0.23mg (11.34%), Vitamin B1: 0.16mg (10.4%), Vitamin B2: 0.17mg (10.13%), Selenium: 6.49µg (9.26%), Vitamin B12: 0.53µg (8.76%), Magnesium: 33.97mg (8.49%), Manganese: 0.16mg (7.97%), Potassium: 256.49mg (7.33%), Vitamin B5: 0.65mg (6.52%), Fiber: 1.46g (5.84%), Iron: 0.95mg (5.3%), Vitamin C: 4.2mg (5.09%), Vitamin K: 4.87µg (4.63%), Vitamin D: 0.64µg (4.27%), Copper: 0.08mg (4.09%), Folate: 10.77µg (2.69%)