



Cheesy Sausage Dip

 Dairy Free

READY IN



20 min.

SERVINGS



64

CALORIES



230 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound sausage meat
- 10 ounces tomatoes diced green undrained canned
- 10 ounces cream of mushroom soup undiluted canned
- 2 tablespoons flour all-purpose
- 1 tablespoon garlic powder
- 1 pound ground beef
- 1 medium onion chopped
- 2 pounds processed cheese food cubed (Velveeta)

64 servings tortilla chips

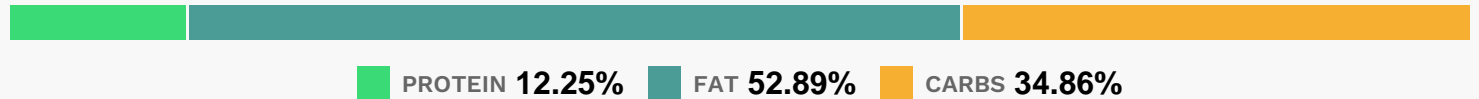
Equipment

sauce pan

Directions

- In a large saucepan, cook beef and sausage over medium heat until no longer pink; drain.
- Sprinkle with flour. Stir in the soup, tomatoes, onion and garlic powder. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat. Stir in cheese until melted.
- Serve warm with tortilla chips. Refrigerate leftovers.

Nutrition Facts



Properties

Glycemic Index:2.53, Glycemic Load:0.31, Inflammation Score:-2, Nutrition Score:5.6847825879636%

Flavonoids

Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 229.71kcal (11.49%), Fat: 13.72g (21.1%), Saturated Fat: 4.57g (28.56%), Carbohydrates: 20.35g (6.78%), Net Carbohydrates: 18.73g (6.81%), Sugar: 0.72g (0.8%), Cholesterol: 24.53mg (8.18%), Sodium: 416.41mg (18.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.15g (14.29%), Calcium: 181.8mg (18.18%), Phosphorus: 178.02mg (17.8%), Zinc: 1.25mg (8.35%), Vitamin E: 1.18mg (7.84%), Magnesium: 30.52mg (7.63%), Selenium: 5.28µg (7.54%), Vitamin B12: 0.43µg (7.19%), Fiber: 1.61g (6.45%), Vitamin K: 6.51µg (6.2%), Vitamin B6: 0.11mg (5.66%), Vitamin B5: 0.49mg (4.9%), Vitamin B3: 0.97mg (4.83%), Vitamin B1: 0.07mg (4.66%), Vitamin B2: 0.08mg (4.64%), Iron: 0.83mg (4.59%), Potassium: 124.54mg (3.56%), Vitamin A: 145.32IU (2.91%), Copper: 0.06mg (2.81%), Folate: 6.54µg (1.63%), Manganese: 0.03mg (1.43%), Vitamin D: 0.18µg (1.23%)