



Chorizo Nuggets with Creamy Salsa Dip

 Gluten Free

READY IN



45 min.

SERVINGS



40

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 oz cream cheese softened
- ☐ 0.5 cup cream sour
- ☐ 2 teaspoons crema mexicana
- ☐ 1 cup salsa
- ☐ 1 tablespoon crema mexicana
- ☐ 4 oz cheddar cheese shredded chopped
- ☐ 1 lb chorizo sausage cut cooled cooked drained
- ☐ 14.8 oz corn sweet cream style canned

- ☐ 0.3 cup milk
- ☐ 40 small olives black pitted drained (from 6-oz can)
- ☐ 3 cups frangelico

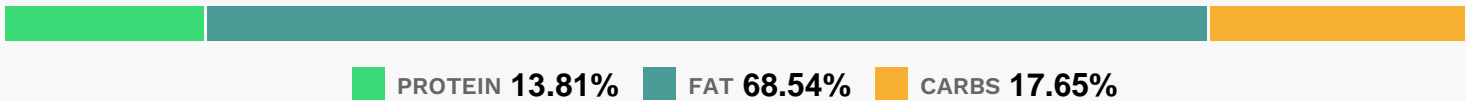
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ hand mixer

Directions

- ☐ In small bowl, beat cream cheese and sour cream with electric mixer on low speed 30 seconds, scraping bowl constantly, until mixture is smooth.
- ☐ Add 2 teaspoons seasoning and the salsa; beat until blended. Cover and chill. Salsa can be made the day before and served warm or cold.
- ☐ Heat oven to 450°F. Line 2 large cookie sheets with cooking parchment paper. In large bowl, mix Bisquick mix and 1 tablespoon seasoning. Stir in Cheddar cheese and chorizo; mix well. In small bowl, mix corn and milk. Stir corn mixture into Bisquick mixture until well combined.
- ☐ Spoon 2 tablespoons mixture onto cookie sheet, press 1 olive into each, covering olive completely.
- ☐ Bake 12 to 13 minutes or until golden brown.
- ☐ Serve nuggets with creamy salsa dip.

Nutrition Facts



Properties

Glycemic Index:3.69, Glycemic Load:1.21, Inflammation Score:-2, Nutrition Score:1.7791304348604%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 75.14kcal (3.76%), Fat: 5.89g (9.05%), Saturated Fat: 3.03g (18.91%), Carbohydrates: 3.41g (1.14%), Net Carbohydrates: 2.91g (1.06%), Sugar: 1.16g (1.29%), Cholesterol: 18.77mg (6.26%), Sodium: 145.65mg (6.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.34%), Vitamin A: 259.3IU (5.19%), Calcium: 37.82mg (3.78%), Vitamin C: 2.78mg (3.37%), Phosphorus: 33.07mg (3.31%), Vitamin B2: 0.04mg (2.4%), Selenium: 1.54µg (2.2%), Vitamin E: 0.32mg (2.15%), Fiber: 0.5g (2%), Vitamin B6: 0.03mg (1.72%), Potassium: 56.79mg (1.62%), Vitamin B5: 0.16mg (1.56%), Zinc: 0.23mg (1.52%), Magnesium: 5.88mg (1.47%), Vitamin B3: 0.27mg (1.35%), Manganese: 0.03mg (1.3%), Iron: 0.23mg (1.28%), Vitamin B1: 0.02mg (1.09%), Folate: 4.06µg (1.02%)