



Creamy Sausage Dip

 Gluten Free

READY IN



30 min.

SERVINGS



3

CALORIES



648 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup parmesan cheese fat-free grated
- 5 spring onion chopped
- 1 pound sausage meat
- 0.5 cup mayonnaise low-fat
- 1 cup cream sour
- 2 ounce pimientos chopped

Equipment

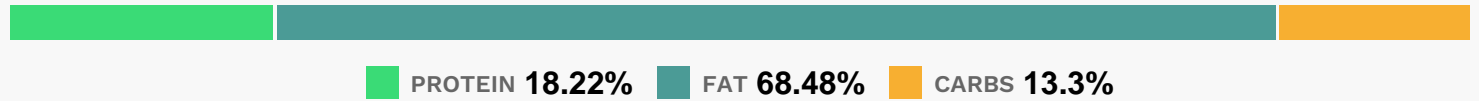
- bowl

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place spicy pork sausage in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain sausage and place in a large bowl.
- Mix in 4 green onions, nonfat sour cream, low-fat mayonnaise, fat-free Parmesan cheese and pimento peppers.
- Transfer sausage mixture to a medium baking dish.
- Bake in the preheated oven 20 to 25 minutes, or until bubbly and lightly browned.
- Garnish with remaining green onion and serve hot.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:0.64, Inflammation Score:-7, Nutrition Score:19.362174003021%

Flavonoids

Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 647.75kcal (32.39%), Fat: 48.93g (75.27%), Saturated Fat: 14.86g (92.9%), Carbohydrates: 21.39g (7.13%), Net Carbohydrates: 20.43g (7.43%), Sugar: 2.85g (3.16%), Cholesterol: 123.4mg (41.13%), Sodium: 1480.71mg (64.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.28g (58.57%), Vitamin K: 64.01µg (60.97%), Vitamin B3: 7.43mg (37.16%), Phosphorus: 352.25mg (35.23%), Vitamin B1: 0.47mg (31.24%), Vitamin C: 24.47mg (29.67%), Vitamin B6: 0.55mg (27.45%), Zinc: 4.06mg (27.08%), Vitamin B12: 1.61µg (26.78%), Vitamin A: 1048.8IU (20.98%), Vitamin B2: 0.33mg (19.61%), Calcium: 194.07mg (19.41%), Potassium: 627.12mg (17.92%), Iron: 2.83mg (15.74%), Vitamin D: 1.97µg (13.1%), Selenium: 8.8µg (12.57%), Vitamin B5: 1.05mg (10.53%), Magnesium: 38.24mg (9.56%), Vitamin E: 1.38mg (9.18%), Copper: 0.15mg (7.44%), Folate: 27.65µg (6.91%), Fiber: 0.95g (3.82%),

Manganese: 0.06mg (2.98%)