



Emily's Easy Sausage and Spicy Tomato Dip

 Gluten Free

READY IN



15 min.

SERVINGS



12

CALORIES



259 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 ounce canned tomatoes diced with mild green chilies, undrained canned
- 16 ounce cream cheese room temperature
- 16 ounce pork sausage

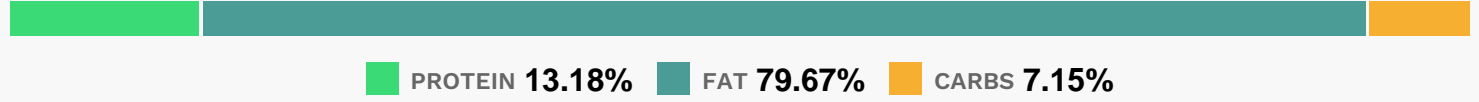
Equipment

- frying pan

Directions

- Cook the sausage in a skillet over medium heat until evenly browned and no longer pink.
- Drain. Reduce heat to low, and stir in the tomatoes and cream cheese until evenly blended. Cook just until heated through.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:1.29, Inflammation Score:-4, Nutrition Score:5.9360868619836%

Nutrients (% of daily need)

Calories: 258.55kcal (12.93%), Fat: 23.13g (35.59%), Saturated Fat: 10.97g (68.59%), Carbohydrates: 4.67g (1.56%), Net Carbohydrates: 4g (1.45%), Sugar: 2.98g (3.31%), Cholesterol: 65.39mg (21.8%), Sodium: 405.87mg (17.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.61g (17.22%), Vitamin A: 612.18IU (12.24%), Vitamin B3: 2.25mg (11.23%), Phosphorus: 102.81mg (10.28%), Vitamin B6: 0.19mg (9.5%), Vitamin B1: 0.14mg (9.28%), Vitamin B2: 0.15mg (8.91%), Zinc: 1.1mg (7.37%), Potassium: 247.47mg (7.07%), Vitamin B12: 0.4µg (6.74%), Vitamin B5: 0.57mg (5.68%), Vitamin E: 0.84mg (5.6%), Calcium: 52.12mg (5.21%), Iron: 0.92mg (5.12%), Selenium: 3.46µg (4.95%), Copper: 0.1mg (4.83%), Vitamin C: 3.52mg (4.27%), Magnesium: 15.78mg (3.95%), Manganese: 0.07mg (3.54%), Vitamin D: 0.49µg (3.28%), Fiber: 0.67g (2.69%), Vitamin K: 2.82µg (2.69%), Folate: 8.39µg (2.1%)