



## Fabulous Football Dip

 Gluten Free

READY IN



17 min.

SERVINGS



16

CALORIES



190 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 10 ounce canned tomatoes diced with green chile peppers canned
- 16 ounce cream cheese softened
- 1 pound sausage

### Equipment

- frying pan

### Directions

- In a large skillet, cook sausage over a medium heat until it is browned and cooked through.
- Mix tomatoes and cream cheese into the skillet. Stir and continue cooking the mixture over a medium heat until the cheese has melted.

## Nutrition Facts

**PROTEIN 12.64%** **FAT 81.59%** **CARBS 5.77%**

### Properties

Glycemic Index:3.44, Glycemic Load:0.42, Inflammation Score:-3, Nutrition Score:3.3686956679044%

### Nutrients (% of daily need)

Calories: 190.19kcal (9.51%), Fat: 17.27g (26.57%), Saturated Fat: 8.22g (51.38%), Carbohydrates: 2.75g (0.92%), Net Carbohydrates: 2.16g (0.79%), Sugar: 1.66g (1.84%), Cholesterol: 49.04mg (16.35%), Sodium: 328.32mg (14.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.02g (12.04%), Vitamin A: 402IU (8.04%), Phosphorus: 68.61mg (6.86%), Vitamin B3: 1.36mg (6.8%), Vitamin B2: 0.1mg (5.87%), Vitamin B1: 0.08mg (5.63%), Vitamin B6: 0.1mg (5.13%), Vitamin B12: 0.3µg (5.06%), Zinc: 0.76mg (5.05%), Vitamin B5: 0.35mg (3.52%), Selenium: 2.44µg (3.48%), Potassium: 107.73mg (3.08%), Calcium: 30.05mg (3.01%), Vitamin C: 2.32mg (2.82%), Vitamin D: 0.37µg (2.46%), Fiber: 0.58g (2.34%), Vitamin E: 0.3mg (1.98%), Iron: 0.35mg (1.92%), Magnesium: 6.52mg (1.63%), Copper: 0.02mg (1.19%)