



Fat Sam's Meaty Melted Man Dip - Is It Football Season, Yet???

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



10

CALORIES



488 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon hot sauce louisiana-style
- 1 pound pork breakfast sausage
- 2 pounds processed cheese food cubed
- 2.5 ounce taco seasoning divided
- 3 cups water divided

Equipment

- frying pan

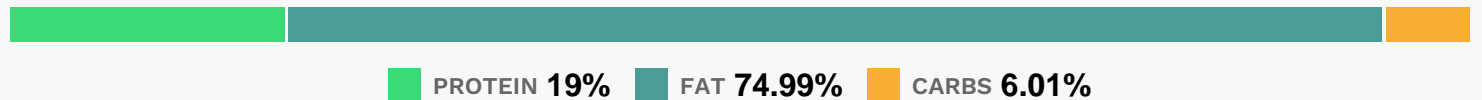
sauce pan

colander

Directions

- Heat a large skillet over medium-high heat. Cook and stir sausage in the hot skillet until browned and crumbly, 5 to 7 minutes; drain in a colander and discard grease.
- Transfer sausage to a large saucepan.
- Stir 1 package taco seasoning into sausage and cook over medium heat until fragrant, about 5 minutes.
- Add 2 cups water and remaining package taco seasoning. Stir until seasoning is dissolved; simmer for 5 minutes more. Reduce heat to low.
- Gradually add cheese food, stirring until cheese is evenly melted, 5 to 7 minutes.
- Mix hot sauce into melted cheese mixture. If the mixture becomes too thick, add remaining 1 cup water, as needed.

Nutrition Facts



Properties

Glycemic Index:5.5, Glycemic Load:0.91, Inflammation Score:-7, Nutrition Score:16.413478353749%

Nutrients (% of daily need)

Calories: 487.92kcal (24.4%), Fat: 40.88g (62.89%), Saturated Fat: 20.37g (127.32%), Carbohydrates: 7.37g (2.46%), Net Carbohydrates: 6.03g (2.19%), Sugar: 3.4g (3.77%), Cholesterol: 123.38mg (41.13%), Sodium: 2414.11mg (104.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.3g (46.6%), Calcium: 954.32mg (95.43%), Phosphorus: 642.88mg (64.29%), Vitamin A: 1558.28IU (31.17%), Vitamin B12: 1.75µg (29.11%), Selenium: 18.33µg (26.18%), Zinc: 3.25mg (21.68%), Vitamin B2: 0.27mg (15.81%), Vitamin B3: 2.21mg (11.03%), Vitamin B6: 0.19mg (9.49%), Vitamin B1: 0.14mg (9.25%), Iron: 1.56mg (8.66%), Magnesium: 30.71mg (7.68%), Vitamin D: 1.13µg (7.56%), Vitamin B5: 0.67mg (6.71%), Potassium: 234.11mg (6.69%), Vitamin C: 4.48mg (5.43%), Vitamin E: 0.81mg (5.42%), Fiber: 1.34g (5.35%), Copper: 0.08mg (4.17%), Vitamin K: 2.57µg (2.45%), Manganese: 0.04mg (2%), Folate: 7.79µg (1.95%)