



Hot Sausage and Bean Dip

 Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



273 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound bulk spicy sausage bob evans® such as
- ☐ 11.5 ounce bean with bacon soup canned
- ☐ 0.5 cup cheddar cheese shredded to taste
- ☐ 8 ounces cup heavy whipping cream sour

Equipment

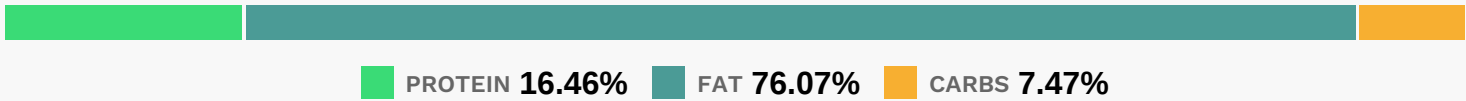
- ☐ bowl
- ☐ frying pan
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Heat a skillet over medium heat. Break sausage into small pieces and add to the skillet; cook and stir until completely browned, 5 to 7 minutes.
- ☐ Drain excess grease from skillet.
- ☐ Stir bean with bacon soup and sour cream together in a bowl; pour over browned sausage and stir.
- ☐ Transfer mixture to a baking dish; top with Cheddar cheese.
- ☐ Bake in preheated oven until the cheese is bubbly and the dip is hot throughout, about 10 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:0.29, Inflammation Score:-3, Nutrition Score:6.805217343828%

Nutrients (% of daily need)

Calories: 272.8kcal (13.64%), Fat: 22.98g (35.35%), Saturated Fat: 9.22g (57.59%), Carbohydrates: 5.08g (1.69%), Net Carbohydrates: 3.08g (1.12%), Sugar: 1.72g (1.92%), Cholesterol: 64.61mg (21.54%), Sodium: 417.21mg (18.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.19g (22.37%), Vitamin B3: 2.78mg (13.89%), Phosphorus: 137.77mg (13.78%), Vitamin B1: 0.17mg (11.45%), Zinc: 1.65mg (10.99%), Vitamin C: 8.88mg (10.77%), Vitamin B6: 0.21mg (10.36%), Vitamin B12: 0.62µg (10.27%), Vitamin B2: 0.16mg (9.4%), Calcium: 88.56mg (8.86%), Fiber: 2g (7.99%), Potassium: 242.62mg (6.93%), Vitamin A: 298.47IU (5.97%), Vitamin B5: 0.56mg (5.6%), Vitamin D: 0.78µg (5.2%), Iron: 0.9mg (5.03%), Selenium: 3.33µg (4.76%), Magnesium: 17.57mg (4.39%), Copper: 0.06mg (3.22%), Vitamin E: 0.46mg (3.04%), Folate: 8.64µg (2.16%), Manganese: 0.03mg (1.56%)