

# Hot Sausage Dip

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



544 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 10 ounce canned tomatoes diced with green chile peppers, drained canned
- 8 ounce cream cheese
- 1 tablespoon pepper red crushed
- 1 pound sausage meat
- 1.5 cups onions chopped
- 16 ounce cup heavy whipping cream sour

## Equipment

- frying pan

## Directions

- Place pork sausage in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain sausage and stir in onions. Cook until slightly tender, about 2 minutes.
- Mix in diced tomatoes with green chile peppers. Stirring occasionally, allow the mixture to simmer approximately 15 minutes.
- Blend cream cheese and sour cream into the sausage mixture. Season with crushed red pepper.

## Nutrition Facts

**PROTEIN 11.8%** **FAT 78.63%** **CARBS 9.57%**

## Properties

Glycemic Index:13.67, Glycemic Load:1.39, Inflammation Score:-7, Nutrition Score:11.608260735222%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

## Nutrients (% of daily need)

Calories: 544.32kcal (27.22%), Fat: 47.96g (73.78%), Saturated Fat: 21.97g (137.31%), Carbohydrates: 13.14g (4.38%), Net Carbohydrates: 10.43g (3.79%), Sugar: 7.36g (8.18%), Cholesterol: 137.21mg (45.74%), Sodium: 803.74mg (34.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.2g (32.39%), Vitamin A: 1431.46IU (28.63%), Phosphorus: 215.56mg (21.56%), Vitamin B2: 0.33mg (19.38%), Vitamin B3: 3.86mg (19.31%), Vitamin B6: 0.36mg (17.97%), Vitamin B1: 0.25mg (16.9%), Vitamin B12: 0.88µg (14.74%), Zinc: 2.2mg (14.7%), Calcium: 133.42mg (13.34%), Vitamin C: 9.85mg (11.94%), Potassium: 416.28mg (11.89%), Fiber: 2.7g (10.81%), Vitamin B5: 1.04mg (10.38%), Selenium: 6.52µg (9.31%), Vitamin E: 1.27mg (8.48%), Iron: 1.25mg (6.94%), Magnesium: 27.53mg (6.88%), Vitamin D: 0.98µg (6.55%), Copper: 0.1mg (4.96%), Manganese: 0.09mg (4.53%), Folate: 16.67µg (4.17%), Vitamin K: 3.8µg (3.62%)