

Italian Sausage Dip

 Gluten Free

READY IN



85 min.

SERVINGS



8

CALORIES



436 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce chile peppers green chopped canned
- ☐ 8 ounce cream cheese
- ☐ 2 bell peppers green chopped
- ☐ 1 pound ground sausage italian
- ☐ 2 onions chopped
- ☐ 16 ounce cup heavy whipping cream sour
- ☐ 2 tomatoes chopped

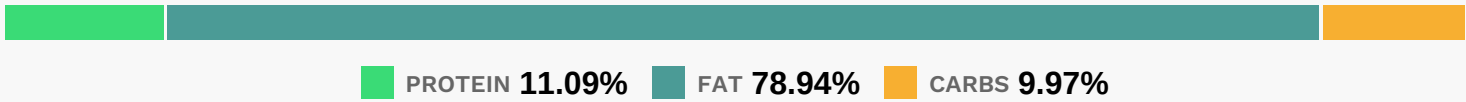
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Place Italian sausage in a large, deep skillet. Cook over medium high heat until evenly brown.
- ☐ Drain and set aside.
- ☐ In a large bowl, mix together sausage, tomatoes, green bell peppers, onions, green chile peppers, sour cream and cream cheese.
- ☐ Transfer mixture to a slow cooker. Cook on high heat approximately 1 hour, or until vegetables are soft. Reduce heat and simmer until serving.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:1.49, Inflammation Score:-7, Nutrition Score:13.020000001659%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg

Nutrients (% of daily need)

Calories: 436.1kcal (21.81%), Fat: 38.73g (59.59%), Saturated Fat: 17.89g (111.8%), Carbohydrates: 11.01g (3.67%), Net Carbohydrates: 9.18g (3.34%), Sugar: 5.69g (6.32%), Cholesterol: 105.18mg (35.06%), Sodium: 637.14mg (27.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.24g (24.48%), Vitamin C: 41.51mg (50.31%), Selenium: 18.82µg (26.89%), Vitamin B1: 0.38mg (25.58%), Vitamin A: 1136.46IU (22.73%), Vitamin B6: 0.37mg (18.37%), Phosphorus: 178.36mg (17.84%), Vitamin B2: 0.29mg (16.81%), Potassium: 448.87mg (12.82%), Vitamin B3: 2.46mg (12.28%), Calcium: 117.55mg (11.76%), Vitamin B12: 0.7µg (11.62%), Zinc: 1.51mg (10.05%), Folate: 38.61µg (9.65%), Vitamin B5: 0.76mg (7.56%), Iron: 1.36mg (7.55%), Manganese: 0.15mg (7.45%), Fiber: 1.82g (7.3%), Magnesium: 26.4mg (6.6%), Vitamin K: 6.19µg (5.89%), Copper: 0.11mg (5.46%), Vitamin E: 0.74mg (4.94%)