



WHATSheATE



Layered Chorizo Black Bean Dip

READY IN



15 min.

SERVINGS



32

CALORIES



290 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 18 oz black bean garlic sauce hearty progresso® canned
- ☐ 1 lb pork sausage gluten-free
- ☐ 0.3 cup spring onion sliced
- ☐ 0.8 cup bell pepper diced red
- ☐ 4 oz cheddar cheese gluten-free shredded
- ☐ 8 oz cream gluten-free sour
- ☐ 70 tortilla chips gluten-free

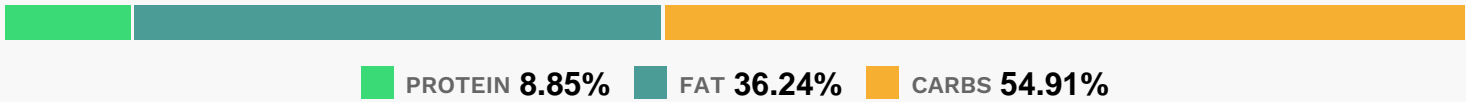
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Cook sausage in 10-inch skillet over medium-high heat 6 to 8 minutes, stirring occasionally and breaking up sausage with spoon, until sausage is thoroughly cooked.
- ☐ Drain well.
- ☐ Meanwhile, place soup in food processor; cover and process until smooth.
- ☐ Add soup to sausage in skillet.
- ☐ Heat to boiling, stirring frequently. Reduce heat to medium-low; simmer uncovered 10 minutes or until thickened, stirring frequently. Spoon in thin layer over 12- or 13-inch serving plate.
- ☐ Spoon sour cream over bean mixture, leaving about 1-inch border of beans around edge.
- ☐ Sprinkle with cheese, leaving border of sour cream showing.
- ☐ Sprinkle with bell pepper and green onion.
- ☐ Serve immediately.
- ☐ Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:2.84, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:3.4669564651406%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 290.06kcal (14.5%), Fat: 12.06g (18.55%), Saturated Fat: 2.66g (16.65%), Carbohydrates: 41.1g (13.7%), Net Carbohydrates: 29.17g (10.61%), Sugar: 4.43g (4.92%), Cholesterol: 16.58mg (5.53%), Sodium: 542.99mg (23.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.63g (13.25%), Fiber: 11.95g (47.78%), Vitamin C: 4.68mg

(5.67%), Vitamin A: 272.73IU (5.45%), Calcium: 33.02mg (3.3%), Iron: 0.46mg (2.54%), Phosphorus: 22.81mg (2.28%), Vitamin K: 1.98µg (1.89%), Vitamin B2: 0.03mg (1.83%), Selenium: 1.27µg (1.82%), Zinc: 0.17mg (1.1%)