



Mexican Cheese Dip

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



215 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 ounce broccoli frozen chopped
- 10 ounce canned tomatoes diced green canned
- 0.5 pound ground spicy pork sausage fresh
- 1 pound processed american cheese cubed

Equipment

- bowl
- frying pan
- mixing bowl

microwave

Directions

- Place processed cheese spread in a microwave-safe bowl. Microwave on high in 2 minute increments (stirring at each pause) until the cheese spread is melted.
- While the processed cheese spread is melting, brown sausage in a small skillet.
- Drain well.
- Place broccoli in a microwave-safe bowl, cover, and microwave on high for 5 minutes.
- In a large mixing bowl, combine melted cheese, sausage, broccoli, and diced tomatoes. Stir well before serving.

Nutrition Facts

 **PROTEIN 19.95%**  **FAT 70.89%**  **CARBS 9.16%**

Properties

Glycemic Index:10.42, Glycemic Load:1.23, Inflammation Score:-5, Nutrition Score:11.521304379339%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 214.89kcal (10.74%), Fat: 17.2g (26.46%), Saturated Fat: 8.53g (53.31%), Carbohydrates: 5g (1.67%), Net Carbohydrates: 3.82g (1.39%), Sugar: 2.38g (2.64%), Cholesterol: 51.41mg (17.14%), Sodium: 792.37mg (34.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.89g (21.78%), Calcium: 418.06mg (41.81%), Vitamin C: 27.59mg (33.45%), Vitamin K: 31.23µg (29.74%), Phosphorus: 294.08mg (29.41%), Vitamin B12: 0.73µg (12.13%), Selenium: 8.49µg (12.12%), Vitamin A: 598.79IU (11.98%), Zinc: 1.53mg (10.21%), Vitamin B2: 0.16mg (9.23%), Vitamin B6: 0.16mg (8.16%), Potassium: 255.57mg (7.3%), Vitamin B3: 1.39mg (6.94%), Vitamin B1: 0.1mg (6.37%), Folate: 24.14µg (6.04%), Manganese: 0.12mg (5.96%), Magnesium: 23.15mg (5.79%), Vitamin E: 0.85mg (5.7%), Iron: 0.96mg (5.34%), Vitamin B5: 0.51mg (5.07%), Fiber: 1.19g (4.74%), Copper: 0.09mg (4.35%), Vitamin D: 0.47µg (3.15%)