

Sausage and Pepperoni Dip

READY IN



135 min.

SERVINGS



28

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 pound sausage meat italian
- ☐ 0.3 cup onion chopped
- ☐ 2 ounces pepperoni sliced chopped
- ☐ 0.3 cup catsup
- ☐ 14 ounces tomato sauce
- ☐ 8 ounces mozzarella cheese shredded
- ☐ 1 slices bread french assorted baguette-style

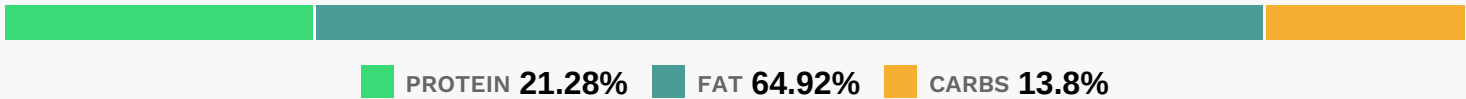
Equipment

- ☐ frying pan
- ☐ spatula
- ☐ slow cooker

Directions

- ☐ Cook sausage and onion in 10-inch skillet over medium-high heat, stirring frequently, until sausage is no longer pink; drain. Stir in pepperoni, ketchup and pizza sauce.
- ☐ Spray 1 1/2- to 3-quart slow cooker with cooking spray. Spoon sausage mixture into cooker. Stir in cheese.
- ☐ Cover and cook on low heat setting 2 to 3 hours or until cheese is melted and mixture is hot.
- ☐ Scrape down side of cooker with rubber spatula to help prevent edge of dip from scorching.
- ☐ Serve with bread or crackers. Dip will hold on low heat setting up to 2 hours. Stir occasionally.

Nutrition Facts



Properties

Glycemic Index:8.41, Glycemic Load:1.25, Inflammation Score:-1, Nutrition Score:2.7586956620216%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 83.99kcal (4.2%), Fat: 6.07g (9.34%), Saturated Fat: 2.51g (15.7%), Carbohydrates: 2.91g (0.97%), Net Carbohydrates: 2.6g (0.95%), Sugar: 1.23g (1.37%), Cholesterol: 17.11mg (5.7%), Sodium: 260.51mg (11.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.48g (8.96%), Phosphorus: 55.61mg (5.56%), Vitamin B12: 0.31µg (5.24%), Vitamin B3: 0.96mg (4.82%), Calcium: 46.32mg (4.63%), Vitamin B1: 0.06mg (4.14%), Zinc: 0.61mg (4.08%), Selenium: 2.73µg (3.9%), Vitamin B2: 0.07mg (3.88%), Vitamin B6: 0.07mg (3.48%), Vitamin A: 136.28IU (2.73%), Potassium: 95.41mg (2.73%), Iron: 0.43mg (2.41%), Manganese: 0.05mg (2.34%), Vitamin E: 0.3mg (2%), Magnesium: 7.01mg (1.75%), Vitamin B5: 0.17mg (1.72%), Copper: 0.03mg (1.65%), Vitamin C: 1.31mg (1.58%), Vitamin D: 0.22µg (1.44%), Folate: 5.43µg (1.36%), Fiber: 0.3g (1.21%)