



Sausage, Bean and Spinach Dip

 Gluten Free

READY IN



50 min.

SERVINGS



24

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb pork sausage
- 0.5 cup onion sweet finely chopped
- 1 bell pepper red finely chopped
- 2 cloves garlic finely chopped
- 1 teaspoon thyme sprigs fresh chopped
- 0.5 cup wine dry white
- 8 oz cream cheese cut into cubes
- 6 oz baby spinach fresh coarsely chopped

- 0.3 teaspoon salt
- 16 oz pinto beans rinsed drained canned
- 2 oz parmesan shredded
- 1 serving tortilla chips
- 1 sprig thyme leaves fresh

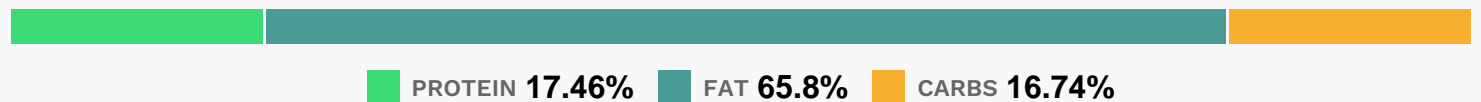
Equipment

- frying pan
- oven

Directions

- Heat oven to 375°F. In large skillet, cook sausage, onion and chopped bell pepper over medium-high heat 8 to 10 minutes, stirring occasionally, until pork is no longer pink; drain.
- Add garlic and 1 teaspoon thyme; cook 1 minute. Stir in wine; cook 2 minutes or until liquid is almost completely evaporated.
- Add cream cheese; cook 2 minutes, stirring constantly, until cream cheese is melted. Stir in spinach and salt. Cook 2 minutes longer, stirring constantly, until spinach is wilted.
- Remove from heat. Gently stir in beans.
- Pour mixture into 2-quart casserole; sprinkle with Parmesan cheese.
- Bake uncovered 18 to 20 minutes or until golden brown.
- Serve dip warm with tortilla chips.
- Garnish with thyme sprig.

Nutrition Facts



Properties

Glycemic Index:13.58, Glycemic Load:1.2, Inflammation Score:-7, Nutrition Score:6.62695641103%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 129.38kcal (6.47%), Fat: 9.27g (14.26%), Saturated Fat: 4.02g (25.14%), Carbohydrates: 5.31g (1.77%), Net Carbohydrates: 4.06g (1.48%), Sugar: 1.03g (1.15%), Cholesterol: 24.76mg (8.25%), Sodium: 272.79mg (11.86%), Alcohol: 0.51g (100%), Alcohol %: 0.91% (100%), Protein: 5.53g (11.07%), Vitamin K: 35.46µg (33.78%), Vitamin A: 985.4IU (19.71%), Vitamin C: 9.04mg (10.96%), Phosphorus: 79.11mg (7.91%), Manganese: 0.15mg (7.32%), Vitamin B6: 0.12mg (6%), Calcium: 58.41mg (5.84%), Folate: 22.79µg (5.7%), Vitamin B3: 1.08mg (5.39%), Vitamin B1: 0.08mg (5.13%), Potassium: 175.1mg (5%), Fiber: 1.25g (4.98%), Magnesium: 19.01mg (4.75%), Zinc: 0.71mg (4.73%), Vitamin B2: 0.08mg (4.49%), Iron: 0.8mg (4.43%), Vitamin B12: 0.21µg (3.5%), Vitamin E: 0.49mg (3.3%), Copper: 0.06mg (3.01%), Vitamin B5: 0.26mg (2.59%), Selenium: 1.53µg (2.18%), Vitamin D: 0.26µg (1.72%)