



Sausage, Bean and Spinach Dip



Gluten Free

READY IN



50 min.

SERVINGS



24

CALORIES



256 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 oz baby spinach fresh coarsely chopped
- ☐ 1 lb pork sausage
- ☐ 16 oz pinto beans rinsed drained canned
- ☐ 8 oz cream cheese cut into cubes
- ☐ 0.5 cup wine dry white
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 2 oz parmesan shredded

- ☐ 1 bell pepper red finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup onion sweet finely chopped
- ☐ 1 sprig thyme leaves fresh
- ☐ 24 servings tortilla chips

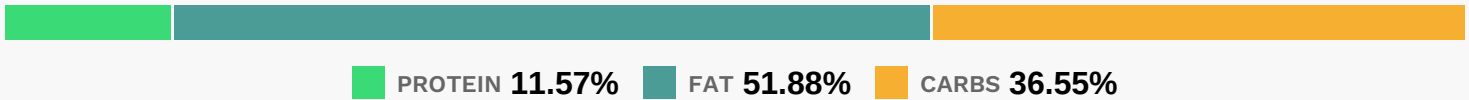
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 375F. 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:8.8973911845166%

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: 256.03kcal (12.8%), Fat: 14.83g (22.81%), Saturated Fat: 4.78g (29.85%), Carbohydrates: 23.5g (7.83%), Net Carbohydrates: 20.81g (7.57%), Sugar: 1.24g (1.38%), Cholesterol: 24.76mg (8.25%), Sodium: 360.8mg (15.69%), Alcohol: 0.51g (100%), Alcohol %: 0.66% (100%), Protein: 7.44g (14.88%), Vitamin K: 41.07µg (39.12%), Vitamin A: 986.2IU (19.72%), Phosphorus: 139.49mg (13.95%), Vitamin C: 9.04mg (10.96%), Fiber: 2.69g (10.78%), Magnesium: 41.55mg (10.39%), Vitamin E: 1.44mg (9.61%), Calcium: 86.86mg (8.69%), Vitamin B6: 0.17mg (8.4%), Vitamin B1: 0.11mg (7.63%), Manganese: 0.15mg (7.32%), Zinc: 1.08mg (7.2%), Iron: 1.2mg (6.69%), Vitamin B3: 1.3mg (6.51%), Folate: 26.01µg (6.5%), Potassium: 223.94mg (6.4%), Vitamin B5: 0.58mg (5.77%), Vitamin B2: 0.1mg (5.6%), Copper: 0.09mg (4.31%), Selenium: 2.71µg (3.87%), Vitamin B12: 0.21µg (3.5%), Vitamin D: 0.26µg (1.72%)