



Sausage, Bean, and Spinach Dip

 Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 oz baby spinach fresh coarsely chopped
- ☐ 15 oz pinto beans drained and rinsed canned
- ☐ 8 oz cream cheese softened
- ☐ 0.5 cup wine dry white
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 2 garlic clove minced
- ☐ 1 lb sausage meat hot
- ☐ 2 oz parmesan shredded

- ☐ 1 bell pepper diced red
- ☐ 0.3 teaspoon salt
- ☐ 1 onion diced sweet
- ☐ 1 scoops bell pepper red

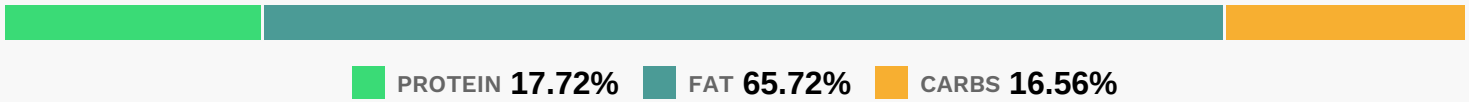
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Cook diced onion and next 2 ingredients in a large skillet over medium-high heat, stirring often, 8 to 10 minutes or until meat crumbles and is no longer pink.
- ☐ Drain. Stir in garlic and thyme; cook 1 minute. Stir in wine; cook 2 minutes or until liquid has almost completely evaporated.
- ☐ Add cream cheese, and cook, stirring constantly, 2 minutes or until cream cheese is melted. Stir in spinach and salt, and cook, stirring constantly, 2 minutes or until spinach is wilted. Gently stir in beans.
- ☐ Pour mixture into a 2-qt. baking dish; sprinkle with Parmesan cheese.
- ☐ Bake at 375 for 18 to 20 minutes or until golden brown.
- ☐ Serve with corn chip scoops, bell pepper strips, and pretzel rods.

Nutrition Facts



Properties

Glycemic Index:6.96, Glycemic Load:0.61, Inflammation Score:-5, Nutrition Score:3.5634782236555%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 67.32kcal (3.37%), Fat: 4.82g (7.41%), Saturated Fat: 2.13g (13.29%), Carbohydrates: 2.73g (0.91%), Net Carbohydrates: 2.08g (0.76%), Sugar: 0.82g (0.91%), Cholesterol: 13.2mg (4.4%), Sodium: 142.2mg (6.18%), Alcohol: 0.27g (100%), Alcohol %: 0.82% (100%), Protein: 2.92g (5.84%), Vitamin K: 18.79µg (17.89%), Vitamin A: 525.22IU (10.5%), Vitamin C: 5.08mg (6.16%), Phosphorus: 41.7mg (4.17%), Manganese: 0.08mg (4%), Vitamin B6: 0.07mg (3.48%), Folate: 13.21µg (3.3%), Calcium: 31.22mg (3.12%), Vitamin B3: 0.58mg (2.88%), Vitamin B1: 0.04mg (2.81%), Potassium: 97.06mg (2.77%), Fiber: 0.65g (2.6%), Zinc: 0.37mg (2.49%), Magnesium: 9.88mg (2.47%), Vitamin B2: 0.04mg (2.42%), Iron: 0.42mg (2.32%), Vitamin B12: 0.11µg (1.86%), Copper: 0.03mg (1.68%), Vitamin E: 0.24mg (1.6%), Vitamin B5: 0.14mg (1.35%), Selenium: 0.82µg (1.17%)