

Sausage con Queso Dip

 Vegetarian  Dairy Free

READY IN



15 min.

SERVINGS



16

CALORIES



232 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 ounce canned tomatoes diced with green chilies, undrained canned
- 1 pound hotdog buns hot bob evans®
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- 16 ounce salsa
- 16 ounce velveeta prepared

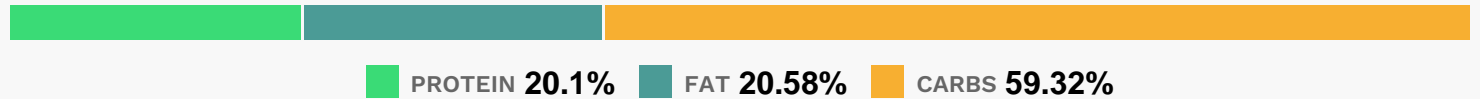
Equipment

- paper towels
- sauce pan

Directions

- Crumble and cook sausage in large saucepan over medium heat until browned.
- Drain on paper towel then return sausage to saucepan.
- Cut VELVEETA® cheese into cubes and add to sausage. Cook, stirring frequently, until cheese is melted. Stir in tomatoes.
- Serve warm with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:16.98, Inflammation Score:-4, Nutrition Score:10.741739122764%

Nutrients (% of daily need)

Calories: 232.36kcal (11.62%), Fat: 5.3g (8.15%), Saturated Fat: 2.5g (15.62%), Carbohydrates: 34.37g (11.46%), Net Carbohydrates: 32.66g (11.88%), Sugar: 8.04g (8.93%), Cholesterol: 11.91mg (3.97%), Sodium: 917.46mg (39.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.64g (23.28%), Phosphorus: 360mg (36%), Calcium: 257.8mg (25.78%), Selenium: 15.69µg (22.42%), Vitamin B2: 0.37mg (21.85%), Vitamin B1: 0.33mg (21.72%), Manganese: 0.36mg (17.96%), Vitamin B3: 2.81mg (14.07%), Folate: 55.85µg (13.96%), Iron: 2.28mg (12.64%), Vitamin A: 435.77IU (8.72%), Zinc: 1.2mg (8.01%), Potassium: 273.43mg (7.81%), Fiber: 1.71g (6.83%), Vitamin B6: 0.11mg (5.26%), Magnesium: 19.24mg (4.81%), Copper: 0.09mg (4.62%), Vitamin K: 4.43µg (4.22%), Vitamin E: 0.62mg (4.13%), Vitamin C: 2.95mg (3.58%), Vitamin B12: 0.11µg (1.89%)