



## Slow-Cooker Pizza Dip

READY IN



195 min.

SERVINGS



28

CALORIES



101 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.8 lb sausage meat italian
- 0.3 cup onion chopped
- 2 oz pepperoni sliced chopped
- 0.3 cup catsup
- 14 oz tomato sauce
- 8 oz mozzarella cheese shredded
- 1 crusty baguette french cut into 56 thin slices

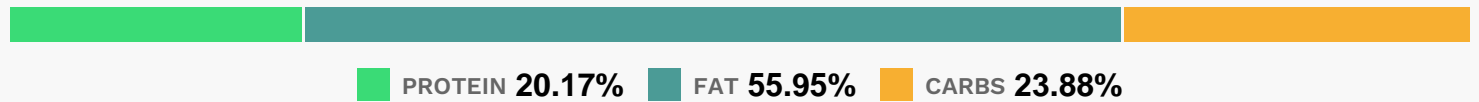
### Equipment

- frying pan
- slow cooker

## Directions

- In 10-inch skillet, cook sausage and onion 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 slow cooker. Stir in cheese.
- Cover; cook on Low setting 2 to 3 hours.
- Stir dip before serving.
- Serve with bread slices.

## Nutrition Facts



## Properties

Glycemic Index:8.1, Glycemic Load:3.28, Inflammation Score:-2, Nutrition Score:3.4056521550469%

## 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: 100.89kcal (5.04%), Fat: 6.26g (9.63%), Saturated Fat: 2.55g (15.92%), Carbohydrates: 6.01g (2%), Net Carbohydrates: 5.57g (2.03%), Sugar: 1.54g (1.72%), Cholesterol: 17.11mg (5.7%), Sodium: 301.93mg (13.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.08g (10.16%), Vitamin B1: 0.1mg (6.52%), Vitamin B3: 1.26mg (6.3%), Phosphorus: 61.69mg (6.17%), Calcium: 54.5mg (5.45%), Vitamin B12: 0.31µg (5.24%), Selenium: 3.61µg (5.16%), Vitamin B2: 0.08mg (4.99%), Zinc: 0.66mg (4.39%), Vitamin B6: 0.08mg (3.82%), Manganese: 0.08mg (3.81%), Iron: 0.65mg (3.63%), Folate: 12.17µg (3.04%), Potassium: 103.81mg (2.97%), Vitamin A: 136.28IU (2.73%), Magnesium: 8.6mg (2.15%), Vitamin E: 0.32mg (2.14%), Copper: 0.04mg (2.02%), Vitamin B5: 0.2mg (1.98%), Fiber: 0.44g (1.76%), Vitamin C: 1.31mg (1.58%), Vitamin D: 0.22µg (1.44%), Vitamin K: 1.09µg (1.04%)