



## Slow-Cooker Spicy Sausage Nacho Dip

 Gluten Free

READY IN



260 min.

SERVINGS



16

CALORIES



256 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1.3 pounds chorizo sausage cut
- 0.3 cup onion finely chopped
- 3 cloves garlic finely chopped
- 16 ounces mild cheddar cheese with jalapeño peppers, cut into cubes prepared
- 14.5 ounces canned tomatoes crushed undrained canned
- 0.3 cup cilantro leaves fresh chopped
- 9 ounces tortilla chips

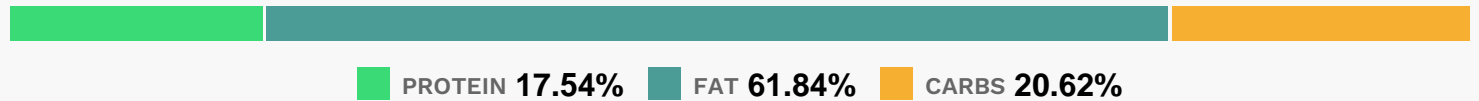
## Equipment

- frying pan
- slow cooker

## Directions

- Cook sausage, onion and garlic in 12-inch skillet over medium-high heat, stirring occasionally, until sausage is no longer pink; drain well.
- Place chorizo mixture, cheese and tomatoes in 2 1/2- to 3 1/2-quart slow cooker.
- Cover and cook on Low heat setting 3 to 4 hours, stirring halfway through cooking, until cheese is melted and mixture is hot.
- Stir in cilantro.
- Serve with tortilla chips for dipping. Dip will hold on Low heat setting up to 1 1/2 hours; stir occasionally.

## Nutrition Facts



## Properties

Glycemic Index:7.25, Glycemic Load:0.31, Inflammation Score:-4, Nutrition Score:5.9043478421543%

## Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

## Nutrients (% of daily need)

Calories: 256.21kcal (12.81%), Fat: 17.59g (27.06%), Saturated Fat: 8.75g (54.68%), Carbohydrates: 13.19g (4.4%), Net Carbohydrates: 12.06g (4.39%), Sugar: 0.96g (1.07%), Cholesterol: 53.35mg (17.78%), Sodium: 277.97mg (12.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.23g (22.45%), Calcium: 234.14mg (23.41%), Phosphorus: 167.67mg (16.77%), Selenium: 8.82µg (12.6%), Vitamin A: 582.87IU (11.66%), Vitamin C: 7.38mg (8.95%), Zinc: 1.27mg (8.49%), Vitamin B2: 0.14mg (8.12%), Magnesium: 21.59mg (5.4%), Vitamin E: 0.78mg (5.22%), Vitamin B12: 0.3µg (5.01%), Iron: 0.83mg (4.63%), Vitamin K: 4.81µg (4.58%), Fiber: 1.13g (4.54%), Vitamin B5: 0.31mg (3.15%), Vitamin B6: 0.06mg (2.97%), Vitamin B1: 0.03mg (2.22%), Folate: 8.67µg (2.17%), Potassium: 59.28mg (1.69%), Copper: 0.03mg (1.42%), Vitamin D: 0.17µg (1.13%)