



Slow-Cooker Spicy Sausage Nacho Dip

 Gluten Free

READY IN



260 min.

SERVINGS



16

CALORIES



242 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

PROTEIN 18.7% **FAT 59.76%** **CARBS 21.54%**

Properties

Glycemic Index:5.56, Glycemic Load:0.12, Inflammation Score:-4, Nutrition Score:5.3230434682058%

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: 242.04kcal (12.1%), Fat: 16.03g (24.66%), Saturated Fat: 8.13g (50.79%), Carbohydrates: 13g (4.33%), Net Carbohydrates: 11.86g (4.31%), Sugar: 1.22g (1.35%), Cholesterol: 51.93mg (17.31%), Sodium: 264.65mg (11.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.28g (22.57%), Calcium: 220.53mg (22.05%), Phosphorus: 162mg (16.2%), Vitamin A: 485.63IU (9.71%), Vitamin C: 7.38mg (8.95%), Zinc: 1.09mg (7.25%), Selenium: 5.05µg (7.22%), Vitamin B2: 0.1mg (6.07%), Vitamin B12: 0.35µg (5.81%), Iron: 0.96mg (5.31%), Magnesium: 21.02mg (5.26%), Vitamin K: 4.84µg (4.61%), Fiber: 1.13g (4.54%), Vitamin E: 0.64mg (4.27%), Vitamin B6: 0.06mg (2.86%), Vitamin B5: 0.27mg (2.68%), Vitamin B1: 0.03mg (2.11%), Potassium: 61.54mg (1.76%), Folate: 6.4µg (1.6%), Copper: 0.03mg (1.3%), Manganese: 0.02mg (1.05%)