

Super Bowl® Dip



Gluten Free



Dairy Free

READY IN



140 min.

SERVINGS



20

CALORIES



248 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound bulk spicy pork sausage
- ☐ 0.5 cup pepper sauce hot redhot® (such as Frank's)
- ☐ 2 pound processed cheese cubed velveeta® (such as)
- ☐ 24 ounce salsa hot

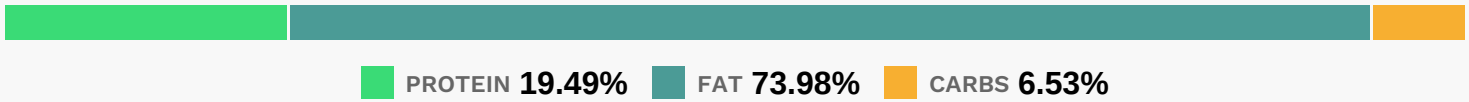
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Melt processed cheese in a slow cooker on Low. Cook and stir pork sausage in a large skillet over medium heat until browned and crumbly, about 10 minutes; drain excess grease.
- ☐ Mix sausage into processed cheese in the cooker, stir in salsa, hot sauce, and jalapeno peppers. Cook for 2 hours; serve hot.

Nutrition Facts



Properties

Glycemic Index:2.75, Glycemic Load:0.45, Inflammation Score:-4, Nutrition Score:9.1843479146128%

Nutrients (% of daily need)

Calories: 247.75kcal (12.39%), Fat: 20.52g (31.57%), Saturated Fat: 10.2g (63.72%), Carbohydrates: 4.08g (1.36%), Net Carbohydrates: 3.45g (1.25%), Sugar: 2.4g (2.66%), Cholesterol: 61.69mg (20.56%), Sodium: 1283.94mg (55.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.17g (24.33%), Calcium: 486.05mg (48.61%), Phosphorus: 332.92mg (33.29%), Vitamin B12: 0.87µg (14.55%), Selenium: 9.47µg (13.53%), Vitamin A: 618.67IU (12.37%), Zinc: 1.7mg (11.31%), Vitamin B2: 0.15mg (8.8%), Vitamin B6: 0.16mg (8.16%), Vitamin B3: 1.5mg (7.49%), Vitamin C: 5.29mg (6.42%), Potassium: 212.53mg (6.07%), Vitamin B1: 0.08mg (5.55%), Vitamin E: 0.83mg (5.52%), Magnesium: 20.37mg (5.09%), Vitamin B5: 0.41mg (4.1%), Iron: 0.71mg (3.94%), Vitamin D: 0.57µg (3.78%), Manganese: 0.06mg (3.06%), Copper: 0.06mg (2.98%), Vitamin K: 2.84µg (2.71%), Fiber: 0.63g (2.52%), Folate: 5.58µg (1.39%)