



Super Bowl Salsa Dip

 Gluten Free

READY IN



120 min.

SERVINGS



10

CALORIES



679 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 ounce black beans drained and rinsed canned
- 1 bunch green onions chopped
- 12 ounce sausage meat
- 1 cup milk
- 2 pound processed cheese cubed
- 24 ounce salsa
- 12 ounce tortilla chips
- 1 onion white chopped

Equipment

- frying pan
- slow cooker

Directions

- In a slow cooker set to high heat, place the processed cheese and milk. Cover and, stirring occasionally, cook until the cheese has melted and is well blended with the milk.
- Place ground pork sausage in a medium skillet. Cook over medium high heat until evenly brown.
- Mix in white onion. Cook and stir until onion is translucent.
- Remove from heat and drain.
- Stir sausage mixture into the cheese mixture. Reduce heat to low.
- Mix in salsa and black beans. Continue cooking, stirring occasionally, approximately 1 hour.
- Garnish with green onions and serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:15.2, Glycemic Load:1.6, Inflammation Score:-8, Nutrition Score:23.581738907358%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 678.79kcal (33.94%), Fat: 45.96g (70.7%), Saturated Fat: 20.83g (130.22%), Carbohydrates: 40.39g (13.46%), Net Carbohydrates: 34.15g (12.42%), Sugar: 6.6g (7.34%), Cholesterol: 118.14mg (39.38%), Sodium: 2463.58mg (107.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.51g (57.01%), Calcium: 1055.33mg (105.53%), Phosphorus: 800.4mg (80.04%), Selenium: 21.52µg (30.74%), Vitamin B12: 1.78µg (29.7%), Zinc: 3.96mg (26.4%), Vitamin A: 1275.79IU (25.52%), Fiber: 6.25g (24.98%), Vitamin B2: 0.39mg (22.88%), Magnesium: 86.52mg (21.63%), Vitamin B6: 0.39mg (19.33%), Vitamin E: 2.85mg (18.99%), Potassium: 631.83mg (18.05%), Vitamin B1:

0.26mg (17.21%), Vitamin K: 17.55µg (16.71%), Vitamin B3: 3.03mg (15.15%), Iron: 2.62mg (14.55%), Vitamin B5: 1.32mg (13.19%), Manganese: 0.23mg (11.69%), Copper: 0.23mg (11.48%), Folate: 43.97µg (10.99%), Vitamin D: 1.25µg (8.37%), Vitamin C: 3.94mg (4.78%)