

# Kickoff Sausage Dip

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1 package (16 ounce) Johnsonville hot ground Italian sausage  
3 chili peppers, diced  
1 cup tomatoes, chopped  
1 cup black beans  
1 cup onion dip mix  
1 cup salsa  
1 cup refried beans  
1 cup guacamole  
1 cup cream cheese  
1 cup Mexican blend cheese  
1 teaspoon ground cumin  
1 teaspoon chili sauce

**Preparation Time: 20 minutes**

**Cook Time: 25 minutes**

Preheat the oven to 400 degrees.

In a large skillet, brown the sausage until cooked. Set aside.

In a large oven-proof dish or skillet, place a layer of 1/2 of the sausage.

Add the tomatoes, onion dip, guacamole, refried beans, cream cheese, salsa, cumin and black beans.

Top with the remaining sausage, chili peppers and chili sauce. Sprinkle with the cheese.

Bake for 25 minutes.

Serve warm with your favorite chips.

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Per Serving (excluding unknown items): 2274 Calories; 122g Fat (46.5% calories from fat); 88g Protein; 229g Carbohydrate; 57g Dietary Fiber; 255mg Cholesterol; 3223mg Sodium. Exchanges: 11 Grain(Starch); 5 Lean Meat; 6 1/2 Vegetable; 22 Fat; 1 Other Carbohydrates.

## Appetizers

### Per Serving Nutritional Analysis

Calories (kcal):	2274	Vitamin B6 (mg):	2.3mg
% Calories from Fat:	46.5%	Vitamin B12 (mcg):	1.0mcg
% Calories from Carbohydrates:	38.8%	Thiamin B1 (mg):	2.5mg
% Calories from Protein:	14.8%	Riboflavin B2 (mg):	1.5mg

**Total Fat (g):** 122g  
**Saturated Fat (g):** 58g  
**Monounsaturated Fat (g):** 46g  
**Polyunsaturated Fat (g):** 9g  
**Cholesterol (mg):** 255mg  
**Carbohydrate (g):** 229g  
**Dietary Fiber (g):** 57g  
**Protein (g):** 88g  
**Sodium (mg):** 3223mg  
**Potassium (mg):** 6960mg  
**Calcium (mg):** 696mg  
**Iron (mg):** 26mg  
**Zinc (mg):** 14mg  
**Vitamin C (mg):** 436mg  
**Vitamin A (i.u.):** 8818IU  
**Vitamin A (r.e.):** 1548RE

**Folacin (mcg):** 1343mcg  
**Niacin (mg):** 14mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** n n%

### Food Exchanges

**Grain (Starch):** 11  
**Lean Meat:** 5  
**Vegetable:** 6 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 22  
**Other Carbohydrates:** 1

## Nutrition Facts

### Amount Per Serving

**Calories** 2274                      **Calories from Fat:** 1056

### % Daily Values\*

<b>Total Fat</b>	122g	188%
Saturated Fat	58g	291%
<b>Cholesterol</b>	255mg	85%
<b>Sodium</b>	3223mg	134%
<b>Total Carbohydrates</b>	229g	76%
Dietary Fiber	57g	228%
<b>Protein</b>	88g	
<b>Vitamin A</b>		176%
<b>Vitamin C</b>		726%
<b>Calcium</b>		70%
<b>Iron</b>		142%

\* Percent Daily Values are based on a 2000 calorie diet.