

# Tuscan Sausage & Bean Dip

Mandy Rivers - Lexington, SC  
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## Servings: 16

## Yield: 1/4 cup per serving

1 pound bulk hot Italian sausage  
1 medium onion, finely chopped  
4 cloves garlic, minced  
1/2 cup dry white wine OR chicken broth  
1/2 teaspoon dried oregano  
1/4 teaspoon salt  
1/4 teaspoon dried thyme  
1 package (8 ounce) cream cheese, softened  
1 package (6 ounce) fresh baby spinach, coarsely chopped  
1 can (15 ounce) white kidney or cannellini beans, rinsed and drained  
1 cup chopped seeded tomatoes  
1 cup (4 ounce) part-skim mozzarella cheese, shredded  
1/2 cup Parmesan cheese, shredded  
assorted crackers or French bread baguette slices

## Preparation Time: 25 minutes

## Bake: 20 minutes

Preheat the oven to 375 degrees.

In a large skillet, cook the sausage over medium heat until the sausage is no longer pink, breaking up the sausage into crumbles. Drain.

Stir in the wine, oregano, salt and thyme. Bring to a boil. Cook until the liquid is almost evaporated.

Add the cream cheese; stir until melted. Stir in the spinach, beans and tomatoes. Cook and stir until the spinach is wilted. Transfer to a greased eight-inch-square or 1-1/2-quart baking dish. Sprinkle with the cheeses.

Bake for 20 to 25 minutes or until bubbly.

Serve with crackers.

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Per Serving (excluding unknown items): 66 Calories; 6g Fat (78.3% calories from fat); 2g Protein; 1g Carbohydrate; trace Dietary Fiber; 18mg Cholesterol; 123mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1 Fat.

## Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	66	Vitamin B6 (mg):	trace
% Calories from Fat:	78.3%	Vitamin B12 (mcg):	.1mcg

<b>% Calories from Carbohydrates:</b>	8.1%
<b>% Calories from Protein:</b>	13.5%
<b>Total Fat (g):</b>	6g
<b>Saturated Fat (g):</b>	4g
<b>Monounsaturated Fat (g):</b>	2g
<b>Polyunsaturated Fat (g):</b>	trace
<b>Cholesterol (mg):</b>	18mg
<b>Carbohydrate (g):</b>	1g
<b>Dietary Fiber (g):</b>	trace
<b>Protein (g):</b>	2g
<b>Sodium (mg):</b>	123mg
<b>Potassium (mg):</b>	35mg
<b>Calcium (mg):</b>	50mg
<b>Iron (mg):</b>	trace
<b>Zinc (mg):</b>	trace
<b>Vitamin C (mg):</b>	1mg
<b>Vitamin A (i.u.):</b>	229IU
<b>Vitamin A (r.e.):</b>	68RE

<b>Thiamin B1 (mg):</b>	trace
<b>Riboflavin B2 (mg):</b>	trace
<b>Folacin (mcg):</b>	4mcg
<b>Niacin (mg):</b>	trace
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	0
<b>% Refined:</b>	0.0%

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### Food Exchanges

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	1/2
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	1
<b>Other Carbohydrates:</b>	0

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## Nutrition Facts

Servings per Recipe: 16

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### Amount Per Serving

<b>Calories</b> 66	Calories from Fat: 52
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### % Daily Values\*

<b>Total Fat</b> 6g	9%
Saturated Fat 4g	18%
<b>Cholesterol</b> 18mg	6%
<b>Sodium</b> 123mg	5%
<b>Total Carbohydrates</b> 1g	0%
Dietary Fiber trace	1%
<b>Protein</b> 2g	
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<b>Vitamin A</b>	5%
<b>Vitamin C</b>	1%
<b>Calcium</b>	5%
<b>Iron</b>	1%

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