

Appetizer Sausage Balls in Blankets

READY IN

ready

45 min.

SERVINGS

servings

36

CALORIES

calories

106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter
- ☐ 2 teaspoons curry powder
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon paprika
- ☐ 1 pound pork sausage
- ☐ 0.3 teaspoon salt
- ☐ 8 ounces cheddar cheese shredded

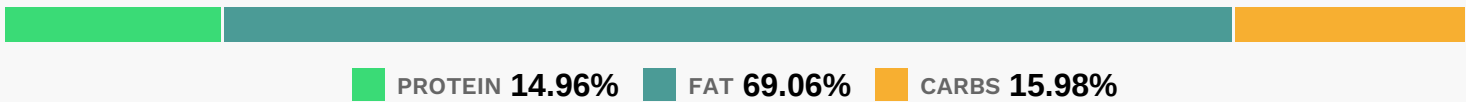
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ blender
- ☐ toothpicks
- ☐ kitchen scissors

Directions

- ☐ Mix in a large bowl the flour, curry, paprika, salt and cheese. With pastry blender or 2 knives used scissors fashion, cut in butter until mixture resembles coarse crumbs. With hands shape into a ball. Cover and refrigerate.
- ☐ Meanwhile, shape heaping teaspoon of sausage meat into small balls. In a large skillet, over medium heat, fry until well browned.
- ☐ Drain thoroughly on paper towels.
- ☐ Divide dough into as many pieces as sausage balls. Then shape dough evenly around balls. Wrap and freeze.
- ☐ At Serving Time: Preheat oven to 400 degrees F.
- ☐ Place frozen sausage balls on a cookie sheet and bake 12-15 minutes until golden.
- ☐ Serve with toothpicks as appetizers.

Nutrition Facts



Properties

Glycemic Index:5.56, Glycemic Load:2.92, Inflammation Score:-2, Nutrition Score:2.5282608811622%

Nutrients (% of daily need)

Calories: 106.09kcal (5.3%), Fat: 8.12g (12.48%), Saturated Fat: 3.95g (24.69%), Carbohydrates: 4.22g (1.41%), Net Carbohydrates: 4.03g (1.46%), Sugar: 0.05g (0.05%), Cholesterol: 22.15mg (7.38%), Sodium: 157.96mg (6.87%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.91%), Phosphorus: 52.81mg (5.28%), Vitamin B1: 0.08mg (5.2%), Selenium: 3.6µg (5.15%), Calcium: 47.88mg (4.79%), Vitamin B3: 0.91mg (4.57%), Vitamin B2: 0.07mg (4.17%), Zinc: 0.55mg (3.67%), Vitamin A: 179.82IU (3.6%), Vitamin B12: 0.18µg (2.99%), Folate: 11.27µg (2.82%), Iron: 0.44mg (2.43%), Vitamin B6: 0.05mg (2.39%), Manganese: 0.04mg (2.12%), Vitamin B5: 0.14mg (1.38%), Vitamin D: 0.2µg (1.34%), Potassium: 45.41mg (1.3%), Magnesium: 5.06mg (1.26%), Vitamin E: 0.19mg (1.25%)