



Carla's Sausage Cheese Balls

READY IN



40 min.

SERVINGS



12

CALORIES



393 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups biscuit baking mix bisquick® (such as)
- 16 ounce bulk mild pork sausage
- 16 ounce bulk pork sausage hot
- 8 ounce sharp cheddar cheese shredded

Equipment

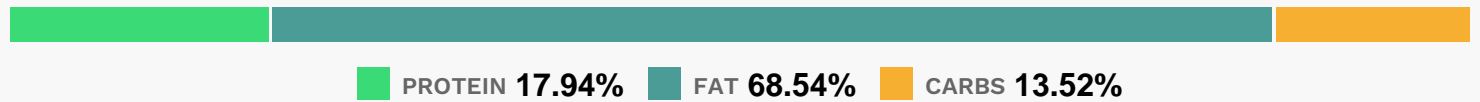
- bowl
- baking sheet
- oven

aluminum foil

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Line a baking sheet with aluminum foil.
- Mix mild sausage and hot sausage in a large bowl until evenly blended.
- Stir Cheddar cheese into sausage mixture.
- Mix biscuit baking mix into sausage mixture about 1/2 cup at a time until baking mix is moist.
- Roll meat mixture into 1 1/4- to 1 1/2-inch balls.
- Arrange meatballs on prepared baking sheet.
- Bake in the preheated oven until meatballs are no longer pink in the center and cheese is browned, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:6.92, Glycemic Load:0.12, Inflammation Score:-3, Nutrition Score:9.7356521901877%

Nutrients (% of daily need)

Calories: 392.53kcal (19.63%), Fat: 29.56g (45.48%), Saturated Fat: 11.07g (69.2%), Carbohydrates: 13.12g (4.37%), Net Carbohydrates: 12.7g (4.62%), Sugar: 2.39g (2.66%), Cholesterol: 73.73mg (24.58%), Sodium: 859.61mg (37.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.41g (34.82%), Phosphorus: 305.62mg (30.56%), Vitamin B3: 4.47mg (22.37%), Vitamin B1: 0.33mg (21.89%), Calcium: 176.22mg (17.62%), Zinc: 2.45mg (16.36%), Vitamin B2: 0.26mg (15.47%), Vitamin B12: 0.92µg (15.35%), Vitamin B6: 0.26mg (12.98%), Selenium: 6.85µg (9.78%), Iron: 1.42mg (7.91%), Vitamin B5: 0.76mg (7.62%), Folate: 29.72µg (7.43%), Vitamin D: 1.1µg (7.31%), Potassium: 234.64mg (6.7%), Magnesium: 20.69mg (5.17%), Vitamin A: 246.87IU (4.94%), Copper: 0.09mg (4.35%), Manganese: 0.07mg (3.68%), Vitamin E: 0.31mg (2.08%), Vitamin K: 2.06µg (1.96%), Fiber: 0.42g (1.68%)