



Cheddar Apple Sausage Balls

READY IN



30 min.

SERVINGS



42

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 lb sausage meat with sage
- ☐ 10 oz sharp cheddar cheese shredded
- ☐ 2 cups baking mix all-purpose
- ☐ 2 cups braeburn apple shredded peeled
- ☐ 1 serving paprika

Equipment

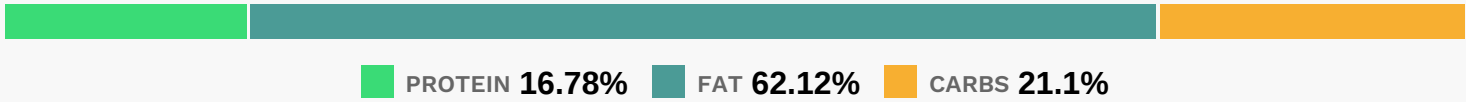
- ☐ bowl
- ☐ baking sheet

- ☐ baking paper
- ☐ oven

Directions

- ☐ Heat oven to 400°F. Line cookie sheets with cooking parchment paper.
- ☐ In large bowl, mix sausage, cheese, baking mix and apple with hands until well blended. Shape mixture into 1 1/2-inch balls; place 1 inch apart on cookie sheets.
- ☐ Bake 12 to 14 minutes or until golden brown and no longer pink.
- ☐ Sprinkle lightly with paprika.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:2.43, Glycemic Load:0.26, Inflammation Score:-1, Nutrition Score:2.3943478102269%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 88.06kcal (4.4%), Fat: 6.06g (9.32%), Saturated Fat: 2.48g (15.47%), Carbohydrates: 4.63g (1.54%), Net Carbohydrates: 4.35g (1.58%), Sugar: 1.31g (1.46%), Cholesterol: 14.64mg (4.88%), Sodium: 185.84mg (8.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.36%), Phosphorus: 79.73mg (7.97%), Calcium: 59.39mg (5.94%), Vitamin B1: 0.07mg (4.38%), Vitamin B2: 0.07mg (4.12%), Vitamin B3: 0.78mg (3.91%), Zinc: 0.52mg (3.47%), Selenium: 2.34µg (3.35%), Vitamin B12: 0.19µg (3.09%), Vitamin B6: 0.05mg (2.28%), Folate: 8.87µg (2.22%), Vitamin A: 102.63IU (2.05%), Iron: 0.31mg (1.7%), Vitamin B5: 0.16mg (1.56%), Potassium: 48.75mg (1.39%), Magnesium: 5.15mg (1.29%), Vitamin D: 0.18µg (1.21%), Manganese: 0.02mg (1.17%), Fiber: 0.28g (1.12%), Copper: 0.02mg (1.01%)