



Cheese and Sausage Balls

READY IN



40 min.

SERVINGS



40

CALORIES



121 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups baking mix all-purpose
- 0.5 cup milk
- 1 lb breakfast pork sausage
- 4 cups cheddar cheese shredded kraft

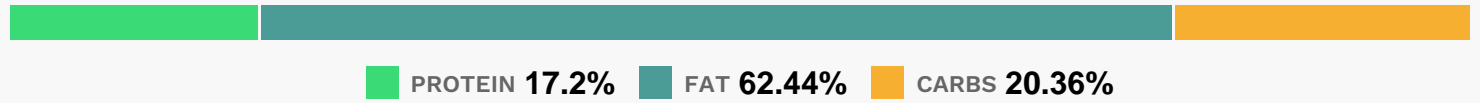
Equipment

- baking sheet
- oven

Directions

- Heat oven to 350F.
- Mix ingredients just until blended.
- Roll into 1-inch balls.
- Place in single layer on rimmed baking sheet sprayed with cooking spray.
- Bake 23 to 25 min. or until sausage is done and balls are lightly browned.

Nutrition Facts



Properties

Glycemic Index:2.33, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:3.3730434723522%

Nutrients (% of daily need)

Calories: 120.93kcal (6.05%), Fat: 8.33g (12.82%), Saturated Fat: 3.58g (22.38%), Carbohydrates: 6.12g (2.04%), Net Carbohydrates: 5.93g (2.15%), Sugar: 1.23g (1.37%), Cholesterol: 20.01mg (6.67%), Sodium: 262.02mg (11.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.16g (10.33%), Phosphorus: 122.79mg (12.28%), Calcium: 100.77mg (10.08%), Vitamin B2: 0.11mg (6.31%), Vitamin B1: 0.09mg (5.86%), Selenium: 3.93µg (5.62%), Zinc: 0.73mg (4.85%), Vitamin B3: 0.95mg (4.76%), Vitamin B12: 0.27µg (4.46%), Folate: 13.74µg (3.43%), Vitamin B6: 0.05mg (2.56%), Vitamin A: 127.03IU (2.54%), Iron: 0.39mg (2.18%), Vitamin B5: 0.21mg (2.14%), Magnesium: 7.25mg (1.81%), Vitamin D: 0.25µg (1.66%), Manganese: 0.03mg (1.62%), Potassium: 56.07mg (1.6%), Copper: 0.03mg (1.26%)