



Donna's 123 Sausage Balls

READY IN



25 min.

SERVINGS



30

CALORIES



128 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups biscuit baking mix all-purpose
- ☐ 1 pound bulk pork sausage
- ☐ 2 cups sharp cheddar cheese shredded

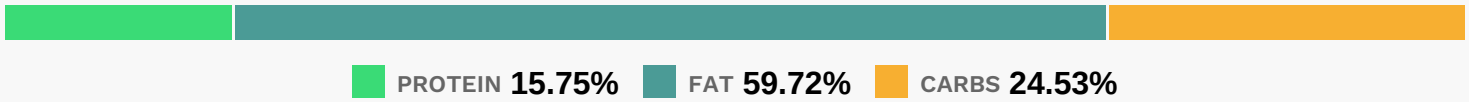
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl

Directions

- ☐
- Preheat an oven to 350 degrees F (175 degrees C).
- ☐
- Stir the sausage, Cheddar cheese, and baking mix together in a mixing bowl until evenly combined; roll into 1 inch balls and place onto an ungreased baking sheet.
- ☐
- Bake in the preheated oven until the pork is no longer pink in the center and the balls are golden brown, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:1.83, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:3.43652174719%

Nutrients (% of daily need)

Calories: 128.06kcal (6.4%), Fat: 8.42g (12.95%), Saturated Fat: 3.25g (20.33%), Carbohydrates: 7.78g (2.59%), Net Carbohydrates: 7.53g (2.74%), Sugar: 1.42g (1.58%), Cholesterol: 18.66mg (6.22%), Sodium: 298.55mg (12.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5g (9.99%), Phosphorus: 125.11mg (12.51%), Calcium: 76.1mg (7.61%), Vitamin B1: 0.11mg (7.52%), Vitamin B3: 1.26mg (6.3%), Vitamin B2: 0.1mg (6.12%), Zinc: 0.68mg (4.51%), Selenium: 3.03µg (4.33%), Vitamin B12: 0.26µg (4.25%), Folate: 16.73µg (4.18%), Vitamin B6: 0.06mg (3.03%), Iron: 0.51mg (2.85%), Vitamin B5: 0.24mg (2.39%), Manganese: 0.04mg (2.12%), Potassium: 62.86mg (1.8%), Magnesium: 7.15mg (1.79%), Vitamin A: 87.3IU (1.75%), Vitamin D: 0.24µg (1.61%), Copper: 0.03mg (1.55%), Fiber: 0.25g (1.01%)