



Easy Sausage Cheese Balls

 Popular

READY IN



25 min.

SERVINGS



36

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups baking mix
- ☐ 1 pound sausage
- ☐ 4 cups cheddar cheese shredded

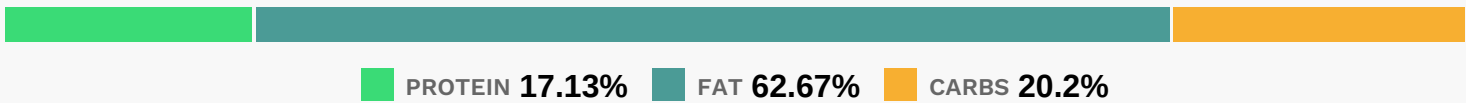
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ In a medium bowl, combine the sausage, cheese, and dry baking mix.
- ☐ Mix together, and shape mixture into walnut-sized balls.
- ☐ Place on a foil-lined cookie sheet.
- ☐ Bake for 12 to 15 minutes.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:1.53, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:3.6356521695852%

Nutrients (% of daily need)

Calories: 132.33kcal (6.62%), Fat: 9.15g (14.08%), Saturated Fat: 3.92g (24.47%), Carbohydrates: 6.64g (2.21%), Net Carbohydrates: 6.43g (2.34%), Sugar: 1.21g (1.34%), Cholesterol: 21.83mg (7.28%), Sodium: 289.85mg (12.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.63g (11.25%), Phosphorus: 133.01mg (13.3%), Calcium: 107.8mg (10.78%), Vitamin B2: 0.11mg (6.73%), Vitamin B1: 0.1mg (6.39%), Selenium: 4.3µg (6.15%), Zinc: 0.79mg (5.29%), Vitamin B3: 1.05mg (5.27%), Vitamin B12: 0.28µg (4.65%), Folate: 15.26µg (3.82%), Vitamin B6: 0.05mg (2.74%), Vitamin A: 135.66IU (2.71%), Iron: 0.44mg (2.43%), Vitamin B5: 0.22mg (2.25%), Magnesium: 7.65mg (1.91%), Manganese: 0.04mg (1.79%), Potassium: 57.22mg (1.63%), Vitamin D: 0.24µg (1.59%), Copper: 0.03mg (1.39%)