



Famous Sausage Ball Muffins

READY IN



20 min.

SERVINGS



60

CALORIES



56 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 cups baking mix all-purpose
- 1 pound regular pork sausage (with jimmy dean) hot
- 8 oz sharp cheddar cheese (shredded with cracker barrel)

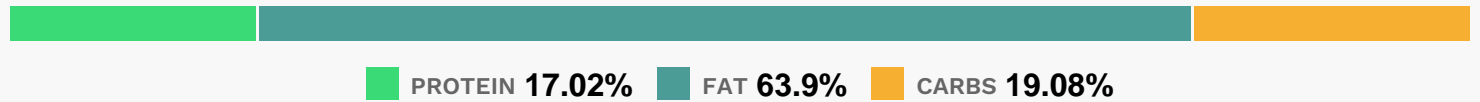
Equipment

- bowl
- baking sheet
- oven

Directions

- Combine all ingredients in a large bowl, pressing together with hands. Spoon rounded tablespoonfuls into lightly greased 1 3/4" miniature muffin pans.
- Bake at 400 for 13 to 15 minutes or until lightly browned.
- Remove from pans, and serve warm with desired sauce, such as Ranch dressing, honey mustard, or barbecue sauce.
- Note: To make traditional Sausage Balls, shape mixture into 3/4" balls, and place on ungreased baking sheets.
- Bake at 400 for 15 to 18 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:0.92, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.4643478438906%

Nutrients (% of daily need)

Calories: 55.52kcal (2.78%), Fat: 3.91g (6.01%), Saturated Fat: 1.55g (9.68%), Carbohydrates: 2.62g (0.87%), Net Carbohydrates: 2.54g (0.92%), Sugar: 0.48g (0.53%), Cholesterol: 9.3mg (3.1%), Sodium: 123.84mg (5.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.68%), Phosphorus: 50.92mg (5.09%), Calcium: 34.56mg (3.46%), Vitamin B1: 0.04mg (2.99%), Vitamin B3: 0.54mg (2.7%), Vitamin B2: 0.04mg (2.55%), Zinc: 0.33mg (2.18%), Vitamin B12: 0.12µg (2%), Selenium: 1.37µg (1.96%), Folate: 5.87µg (1.47%), Vitamin B6: 0.03mg (1.44%), Iron: 0.2mg (1.12%), Vitamin B5: 0.1mg (1.02%)