



Gluten-Free Sausage Cheese Balls

 Gluten Free

READY IN



25 min.

SERVINGS



48

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 oz sausage meat
- 6 ounces cheddar cheese shredded
- 0.3 cup parmesan cheese grated
- 0.3 teaspoon garlic powder
- 0.3 teaspoon rosemary dried crushed
- 0.1 teaspoon ground pepper
- 0.5 cup milk
- 2 tablespoons parsley fresh chopped

- 1 serving barbecue sauce
- 0.8 cup frangelico gluten free

Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 350°F. Spray 15x10x1-inch pan with cooking spray.
- In large bowl, mix all ingredients except barbecue sauce. Shape mixture into 1-inch balls.
- Place in pan.
- Bake uncovered 22 to 26 minutes or until light golden brown. Immediately remove from pan.
- Serve warm with sauce for dipping.

Nutrition Facts

PROTEIN 22.42% **FAT 72.82%** **CARBS 4.76%**

Properties

Glycemic Index:4.83, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:0.90434781874975%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Nutrients (% of daily need)

Calories: 25.52kcal (1.28%), Fat: 2.06g (3.17%), Saturated Fat: 1.02g (6.35%), Carbohydrates: 0.3g (0.1%), Net Carbohydrates: 0.29g (0.11%), Sugar: 0.14g (0.16%), Cholesterol: 6mg (2%), Sodium: 48.6mg (2.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.86%), Calcium: 33.26mg (3.33%), Vitamin K: 2.85µg (2.71%), Phosphorus: 25.47mg (2.55%), Selenium: 1.24µg (1.77%), Zinc: 0.22mg (1.44%), Vitamin B2: 0.02mg (1.42%), Vitamin B12: 0.08µg (1.31%), Vitamin A: 62.17IU (1.24%)