



Gluten-Free Sausage Cheese Balls

 Gluten Free

READY IN



25 min.

SERVINGS



48

CALORIES



27 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 oz sausage meat
- 0.1 teaspoon ground pepper
- 48 servings barbecue sauce
- 0.3 teaspoon rosemary dried crushed
- 2 tablespoons parsley fresh chopped
- 0.3 teaspoon garlic powder
- 0.5 cup milk
- 0.3 cup parmesan cheese grated

- 6 ounces cheddar cheese shredded
- 0.8 cup frangelico gluten free
- 0.8 cup frangelico gluten free

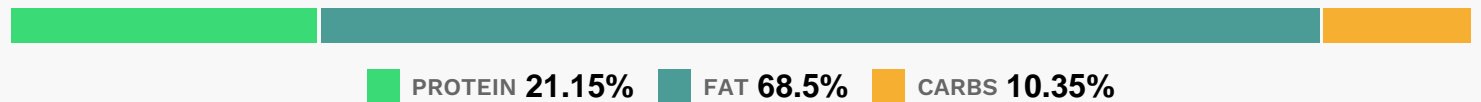
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 350F. 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



Properties

Glycemic Index:4.83, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:0.93130433850962%

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: 27.21kcal (1.36%), Fat: 2.07g (3.18%), Saturated Fat: 1.02g (6.36%), Carbohydrates: 0.7g (0.23%), Net Carbohydrates: 0.69g (0.25%), Sugar: 0.47g (0.52%), Cholesterol: 6mg (2%), Sodium: 58.69mg (2.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.87%), Calcium: 33.58mg (3.36%), Vitamin K: 2.87µg (2.73%), Phosphorus: 25.67mg (2.57%), Selenium: 1.25µg (1.79%), Zinc: 0.22mg (1.46%), Vitamin B2: 0.02mg (1.45%), Vitamin B12: 0.08µg (1.31%), Vitamin A: 64.37IU (1.29%)