



Hot and Tasty Bites

READY IN



35 min.

SERVINGS



30

CALORIES



193 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound ground beef
- 1 pound ground spicy pork sausage fresh
- 16 ounce process cheese sauce
- 1 tablespoon oregano dried
- 32 ounces cocktail rye bread

Equipment

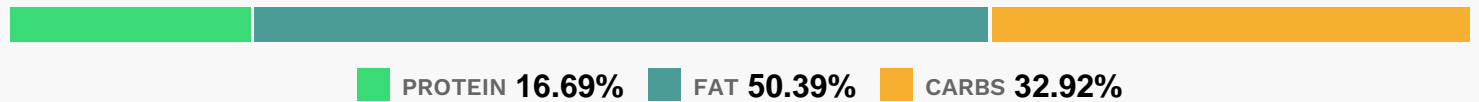
- frying pan
- baking sheet

oven

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- In a large skillet, brown the ground beef and the sausage together.
- Drain all the fat.
- Over low heat, add the cheese and the oregano into the meat in the skillet. When the cheese is melted and all is mixed well, spread the mixture on slices of the party rye. Arrange the pieces on cookie sheets.
- Bake at 350 degrees F (175 degrees C) for 5 to 10 minutes, until just browned.

Nutrition Facts



Properties

Glycemic Index:2.84, Glycemic Load:6.73, Inflammation Score:-4, Nutrition Score:6.189999985954%

Nutrients (% of daily need)

Calories: 192.76kcal (9.64%), Fat: 10.75g (16.53%), Saturated Fat: 3.29g (20.54%), Carbohydrates: 15.79g (5.26%), Net Carbohydrates: 13.97g (5.08%), Sugar: 1.78g (1.97%), Cholesterol: 22.98mg (7.66%), Sodium: 412.81mg (17.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.01g (16.01%), Selenium: 11.62µg (16.6%), Manganese: 0.26mg (12.99%), Vitamin B3: 2.51mg (12.54%), Vitamin B1: 0.18mg (11.97%), Zinc: 1.31mg (8.73%), Folate: 34.87µg (8.72%), Vitamin B2: 0.14mg (8.41%), Phosphorus: 82.35mg (8.23%), Iron: 1.38mg (7.66%), Vitamin B12: 0.45µg (7.53%), Fiber: 1.82g (7.3%), Vitamin B6: 0.12mg (5.98%), Magnesium: 17.23mg (4.31%), Calcium: 39.61mg (3.96%), Copper: 0.08mg (3.83%), Potassium: 130.62mg (3.73%), Vitamin B5: 0.31mg (3.12%), Vitamin A: 97.33IU (1.95%), Vitamin K: 1.73µg (1.65%), Vitamin E: 0.22mg (1.47%), Vitamin D: 0.21µg (1.41%)