



Jimmy Dean Sausage Cheese Balls

READY IN



45 min.

SERVINGS



72

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups baking mix all-purpose
- 2 teaspoons pepper black
- 0.5 cup celery finely chopped
- 0.5 cup onion finely chopped
- 32 ounce regular flavor jimmy dean pork sausage
- 4 cups sharp cheddar cheese shredded

Equipment

- frying pan

- baking sheet
- oven
- mixing bowl
- toothpicks

Directions

- Preheat oven to 375 F.
- Combine all ingredients in a large mixing bowl; stir well. Form into 1inch balls.
- Place on ungreased baking sheet; bake 18–20 minutes or until golden brown.
- Remove from oven; cool 5 minutes before removing from pan.
- Serve with cocktail forks or toothpicks.

Nutrition Facts

PROTEIN 19.2% **FAT 70.65%** **CARBS 10.15%**

Properties

Glycemic Index:2.03, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:1.987826069412%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 75.3kcal (3.76%), Fat: 5.87g (9.03%), Saturated Fat: 2.41g (15.09%), Carbohydrates: 1.9g (0.63%), Net Carbohydrates: 1.8g (0.65%), Sugar: 0.37g (0.41%), Cholesterol: 15.4mg (5.13%), Sodium: 153.71mg (6.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.17%), Phosphorus: 60.97mg (6.1%), Calcium: 50.78mg (5.08%), Vitamin B3: 0.71mg (3.57%), Zinc: 0.52mg (3.48%), Vitamin B1: 0.05mg (3.44%), Vitamin B2: 0.05mg (3.22%), Vitamin B12: 0.18µg (3.06%), Selenium: 1.98µg (2.82%), Vitamin B6: 0.05mg (2.34%), Vitamin A: 75.93IU (1.52%), Vitamin B5: 0.14mg (1.36%), Vitamin D: 0.2µg (1.34%), Potassium: 44.34mg (1.27%), Iron: 0.23mg (1.27%), Folate: 5.04µg (1.26%), Magnesium: 4.37mg (1.09%)