



Jimmy Dean Sausage Cheese Balls

 Popular

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
- ☐ 2 teaspoons garlic minced
- ☐ 0.5 cup onion finely chopped
- ☐ 32 ounce regular flavor jimmy dean pork sausage
- ☐ 4 cups sharp cheddar cheese shredded

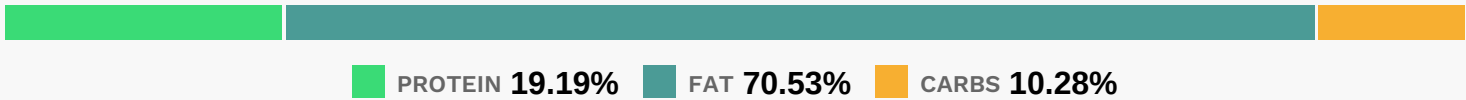
Equipment

- ☐ 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



Properties

Glycemic Index:2.44, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:2.0000000090703%

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: 75.42kcal (3.77%), Fat: 5.87g (9.03%), Saturated Fat: 2.41g (15.09%), Carbohydrates: 1.92g (0.64%), Net Carbohydrates: 1.83g (0.66%), Sugar: 0.37g (0.41%), Cholesterol: 15.4mg (5.13%), Sodium: 153.72mg (6.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.18%), Phosphorus: 61.09mg (6.11%), Calcium: 50.93mg (5.09%), Vitamin B3: 0.71mg (3.57%), Zinc: 0.52mg (3.49%), Vitamin B1: 0.05mg (3.45%), Vitamin B2: 0.05mg (3.23%), Vitamin B12: 0.18µg (3.06%), Selenium: 1.99µg (2.84%), Vitamin B6: 0.05mg (2.39%), Vitamin A: 75.94IU (1.52%), Vitamin B5: 0.14mg (1.37%), Vitamin D: 0.2µg (1.34%), Potassium: 44.67mg (1.28%), Iron: 0.23mg (1.28%), Folate: 5.04µg (1.26%), Magnesium: 4.39mg (1.1%), Manganese: 0.02mg (1.02%)