



## Johnsonville Sausage Balls

READY IN



45 min.

SERVINGS



12

CALORIES



250 kcal

SIDE DISH

### Ingredients

- 1.3 cups baking mix
- 16 ounce all natural ground sausage italian hot johnsonville®
- 0.3 cup milk
- 0.3 cup mushrooms finely chopped
- 0.3 cup onion finely chopped
- 2 cups cheddar cheese shredded

### Equipment

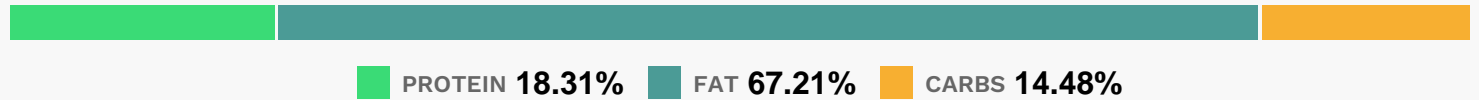
- bowl

- oven
- baking pan

## Directions

- In a skillet, cook and crumble sausage over medium heat until no longer pink and lightly browned; drain. In a large bowl, combine sausage, cheese, baking mix, onion, mushrooms and milk; mix well. Shape mixture into 36 walnut-size balls and place on a greased, shallow baking dish.
- Bake at 350 degrees F for 15 to 20 minutes or until lightly browned.
- Remove from oven and let rest for 5 minutes before serving.
- Serve with barbeque or chutney sauce.

## Nutrition Facts



## Properties

Glycemic Index:12.67, Glycemic Load:0.3, Inflammation Score:-2, Nutrition Score:6.7134782542353%

## Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

## Nutrients (% of daily need)

Calories: 250.07kcal (12.5%), Fat: 18.53g (28.51%), Saturated Fat: 7.53g (47.08%), Carbohydrates: 8.99g (3%), Net Carbohydrates: 8.65g (3.14%), Sugar: 1.94g (2.16%), Cholesterol: 46.91mg (15.64%), Sodium: 525.24mg (22.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.36g (22.71%), Phosphorus: 218.23mg (21.82%), Calcium: 166.01mg (16.6%), Vitamin B1: 0.19mg (12.49%), Vitamin B3: 2.44mg (12.18%), Vitamin B2: 0.2mg (11.75%), Zinc: 1.62mg (10.82%), Vitamin B12: 0.6µg (9.97%), Selenium: 6.57µg (9.38%), Vitamin B6: 0.15mg (7.37%), Folate: 20.93µg (5.23%), Vitamin B5: 0.49mg (4.95%), Vitamin A: 225.86IU (4.52%), Iron: 0.81mg (4.52%), Vitamin D: 0.66µg (4.43%), Potassium: 147.47mg (4.21%), Magnesium: 14.63mg (3.66%), Copper: 0.06mg (2.91%), Manganese: 0.05mg (2.59%), Vitamin E: 0.23mg (1.55%), Vitamin K: 1.44µg (1.38%), Fiber: 0.34g (1.36%)