



Mini Sausage Tarts

READY IN



45 min.

SERVINGS



60

CALORIES



63 kcal

Ingredients

- ☐ 2 tablespoons olives black chopped
- ☐ 1 pound sausage meat drained
- ☐ 60 servings pepper diced black red
- ☐ 4 packages athens phyllo shells frozen mini
- ☐ 0.8 cup ranch dressing
- ☐ 8 oz cheddar cheese shredded

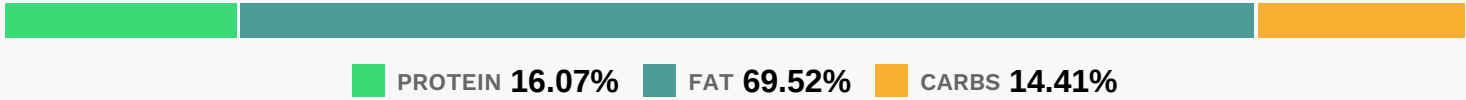
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Combine sausage, cheese, salad dressing and olives; blend well. Divide among phyllo cups; arrange on ungreased baking sheets.
- ☐ If desired, sprinkle with diced pepper and black olives.
- ☐ Bake at 350 degrees for 10 to 12 minutes.

Nutrition Facts



Properties

Glycemic Index:1, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.1943478368871%

Nutrients (% of daily need)

Calories: 62.52kcal (3.13%), Fat: 4.96g (7.63%), Saturated Fat: 1.52g (9.52%), Carbohydrates: 2.31g (0.77%), Net Carbohydrates: 2.28g (0.83%), Sugar: 0.19g (0.21%), Cholesterol: 9.81mg (3.27%), Sodium: 109.71mg (4.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.16%), Vitamin K: 4.31µg (4.11%), Phosphorus: 32.51mg (3.25%), Calcium: 27.01mg (2.7%), Vitamin B12: 0.12µg (1.93%), Zinc: 0.28mg (1.89%), Vitamin B3: 0.36mg (1.82%), Vitamin B1: 0.02mg (1.48%), Vitamin B2: 0.02mg (1.41%), Vitamin B6: 0.03mg (1.34%)