



Monster Eyes

READY IN



45 min.

SERVINGS



72

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups baking mix all-purpose
- 10 ounce sharp cheddar cheese shredded extra-sharp
- 72 small pimiento stuffed olives
- 1 pound pork sausage hot

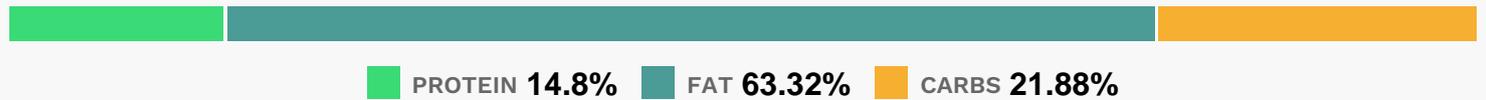
Equipment

- bowl
- baking sheet
- oven

Directions

- Combine first 3 ingredients in a large bowl until blended.
- Shape sausage mixture into 1-inch balls, and place on lightly greased baking sheets. Press 1 olive deeply in the center of each ball.
- Bake at 400 for 20 minutes or until lightly browned.
- Note: For testing purposes only, we used Cracker Barrel Extra-Sharp Cheddar Cheese.

Nutrition Facts



Properties

Glycemic Index:0.76, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.6569565291638%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 62.42kcal (3.12%), Fat: 4.39g (6.76%), Saturated Fat: 1.59g (9.93%), Carbohydrates: 3.41g (1.14%), Net Carbohydrates: 3.18g (1.16%), Sugar: 0.62g (0.69%), Cholesterol: 8.57mg (2.86%), Sodium: 192.02mg (8.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.62%), Phosphorus: 55.95mg (5.59%), Calcium: 39.43mg (3.94%), Vitamin B1: 0.05mg (3.2%), Vitamin B2: 0.05mg (2.78%), Vitamin B3: 0.53mg (2.67%), Selenium: 1.53µg (2.18%), Zinc: 0.31mg (2.09%), Vitamin B12: 0.11µg (1.91%), Folate: 7.26µg (1.81%), Vitamin B6: 0.03mg (1.35%), Vitamin E: 0.2mg (1.34%), Iron: 0.23mg (1.3%), Vitamin A: 60.1IU (1.2%), Vitamin B5: 0.1mg (1.04%)