



Monster Eyes

READY IN



45 min.

SERVINGS



12

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups biscuit baking mix
- ☐ 3.5 cups cheddar cheese shredded extra-sharp
- ☐ 54 small olives green with pimentos
- ☐ 1 pound pork sausages hot

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

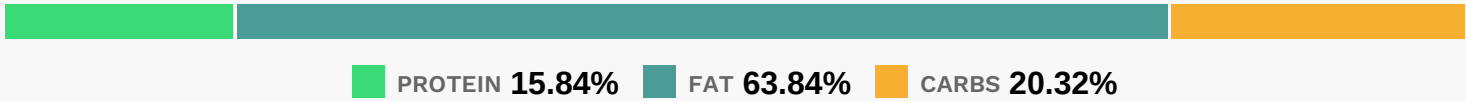
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wooden spoon

Directions

- ☐ Combine baking mix, sausage and cheese in a large bowl. Stir with a wooden spoon until blended.
- ☐ Shape sausage mixture into one-inch balls and place on lightly greased baking sheets. Press one olive deeply into each ball. Reroll using the palms of your hands if you need to reshape.
- ☐ Bake at 400 for 22 minutes, or until lightly golden. Makes about 4 1/2 dozen.

Nutrition Facts



Properties

Glycemic Index:4.58, Glycemic Load:0.22, Inflammation Score:-4, Nutrition Score:10.90304347484%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg

Nutrients (% of daily need)

Calories: 403.88kcal (20.19%), Fat: 28.61g (44.01%), Saturated Fat: 11.21g (70.05%), Carbohydrates: 20.49g (6.83%), Net Carbohydrates: 19.26g (7%), Sugar: 3.7g (4.11%), Cholesterol: 60.77mg (20.26%), Sodium: 1119.55mg (48.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.97g (31.94%), Phosphorus: 378.2mg (37.82%), Calcium: 299.48mg (29.95%), Vitamin B1: 0.29mg (19.32%), Vitamin B2: 0.32mg (19.05%), Selenium: 11.74µg (16.77%), Vitamin B3: 3.2mg (16%), Zinc: 2.22mg (14.78%), Vitamin B12: 0.79µg (13.13%), Folate: 45.34µg (11.33%), Vitamin A: 430.53IU (8.61%), Vitamin B6: 0.17mg (8.34%), Iron: 1.39mg (7.73%), Vitamin E: 1.04mg (6.96%), Vitamin B5: 0.66mg (6.59%), Magnesium: 23.67mg (5.92%), Manganese: 0.11mg (5.36%), Copper: 0.1mg (5.18%), Potassium: 175.58mg (5.02%), Fiber: 1.22g (4.9%), Vitamin D: 0.69µg (4.59%), Vitamin K: 3.14µg (2.99%)