



HEALTH SCORE

**65%**

## Monster Eyes



Very Healthy

READY IN

**20 min.**

SERVINGS

**1**

CALORIES

**4368 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 3 cups baking mix all-purpose
- ☐ 1 pound sausage meat hot
- ☐ 8 ounce block muenster cheese shredded
- ☐ 7 ounce pimienta cheese-stuffed olives spanish

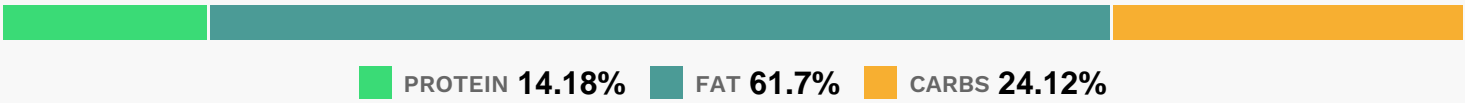
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

# Directions

- ☐
- Combine 3 cups all-purpose baking mix; 1 lb. ground hot pork sausage; and 1 (8-oz.) block Muenster cheese, shredded, in a large bowl until blended. Shape sausage mixture into 1 1/4-inch balls, and place on lightly greased baking sheets. Press 1 pimiento-stuffed Spanish olive (you'll need 1 7-oz. jar) deeply into center of each ball.
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- ☐
- Bake at 400 for 15 to 18 minutes or until lightly browned.
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- ☐
- Note: For testing purposes only, we used Bisquick for all-purpose baking mix and Jimmy Dean Hot Ground Pork Sausage.

## Nutrition Facts



## Properties

Glycemic Index:55, Glycemic Load:0.69, Inflammation Score:-10, Nutrition Score:68.764782905579%

## Nutrients (% of daily need)

Calories: 4367.59kcal (218.38%), Fat: 290.71g (447.25%), Saturated Fat: 115.53g (722.06%), Carbohydrates: 255.66g (85.22%), Net Carbohydrates: 248.1g (90.22%), Sugar: 62.52g (69.47%), Cholesterol: 659.74mg (219.91%), Sodium: 10959.35mg (476.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 150.32g (300.63%), Phosphorus: 3779.76mg (377.98%), Calcium: 3032.9mg (303.29%), Vitamin B1: 3.35mg (223.12%), Vitamin B3: 37.92mg (189.59%), Vitamin B2: 2.85mg (167.78%), Vitamin B12: 8.59µg (143.22%), Zinc: 18.38mg (122.51%), Folate: 481.75µg (120.44%), Vitamin B6: 1.79mg (89.43%), Vitamin A: 4453.65IU (89.07%), Iron: 15.94mg (88.54%), Selenium: 59.89µg (85.55%), Vitamin B5: 6.66mg (66.57%), Manganese: 1.26mg (63.24%), Potassium: 2015.62mg (57.59%), Magnesium: 214.74mg (53.68%), Vitamin D: 7.26µg (48.38%), Copper: 0.92mg (46.2%), Fiber: 7.56g (30.24%), Vitamin K: 30.88µg (29.41%), Vitamin C: 17.23mg (20.89%), Vitamin E: 1.92mg (12.8%)