



HEALTH SCORE

79%

Monster Eyes



Very Healthy

READY IN



52 min.

SERVINGS



1

CALORIES



4390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups baking mix all-purpose
- ☐ 10 ounce block cheddar cheese shredded extra-sharp (we used Cracker Barrel)
- ☐ 54 small pimiento-stuffed olives
- ☐ 1 pound pork sausage hot

Equipment

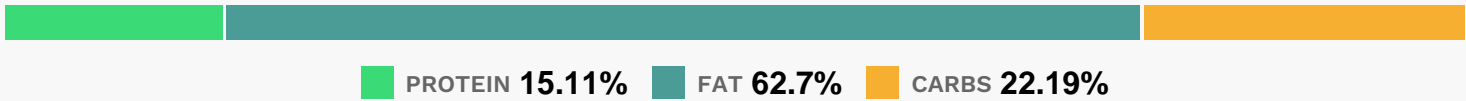
- ☐ bowl
- ☐ baking sheet
- ☐ oven

- ☐ wooden spoon
- ☐ oven mitt

Directions

- ☐ Preheat oven to 40
- ☐ Combine baking mix, sausage, and cheese in a big bowl. Stir with a wooden spoon until blended.
- ☐ Shape sausage mixture into 1-inch balls, and place on lightly greased baking sheets. Press 1 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 browned.
- ☐ Remove baking sheets from the oven using oven mitts.
- ☐ Make-Ahead Tip: Freeze Monster Eyes in an airtight container up to 1 month. To reheat, place frozen balls on an ungreased baking sheet, and bake at 350 for 10 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:1.87, Inflammation Score:-10, Nutrition Score:74.539999920389%

Flavonoids

Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg

Nutrients (% of daily need)

Calories: 4389.58kcal (219.48%), Fat: 305.21g (469.56%), Saturated Fat: 112.99g (706.17%), Carbohydrates: 243.09g (81.03%), Net Carbohydrates: 228.4g (83.06%), Sugar: 44.04g (48.94%), Cholesterol: 617.28mg (205.76%), Sodium: 12702.11mg (552.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 165.53g (331.05%), Phosphorus: 4025.4mg (402.54%), Calcium: 2801.85mg (280.19%), Vitamin B1: 3.44mg (229.66%), Vitamin B2: 3.39mg (199.52%), Vitamin B3: 38.34mg (191.71%), Selenium: 109.17µg (155.96%), Zinc: 22.49mg (149.96%), Vitamin B12: 8.26µg (137.74%), Folate: 520.55µg (130.14%), Vitamin B6: 1.92mg (96.21%), Iron: 16.52mg (91.77%), Vitamin A: 4044.1IU (80.88%), Vitamin E: 11.69mg (77.9%), Vitamin B5: 7.45mg (74.47%), Manganese: 1.27mg (63.75%), Magnesium: 253.81mg (63.45%), Copper: 1.21mg (60.33%), Fiber: 14.69g (58.75%), Potassium: 2020.72mg (57.73%), Vitamin D: 7.6µg (50.65%), Vitamin K: 35.04µg (33.37%), Vitamin C: 4.26mg (5.16%)