



Parmesan and Parsley Sausage Ball Appetizer

READY IN



40 min.

SERVINGS



10

CALORIES



505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups biscuit baking mix
- ☐ 1 pound bulk pork sausage
- ☐ 1.5 teaspoons parsley dried
- ☐ 0.5 cup milk
- ☐ 0.5 cup parmesan cheese grated
- ☐ 4 cups cheddar cheese shredded

Equipment

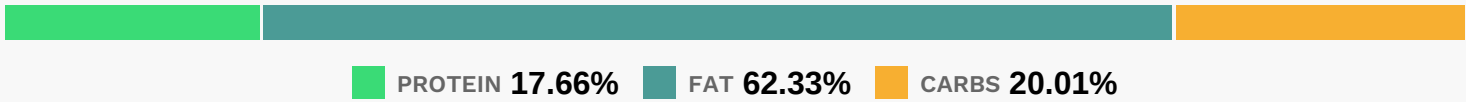
- ☐ frying pan

- ☐ oven
- ☐ broiler pan

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Grease a broiler pan or other pan with rack.
- ☐ Mix together the baking mix, sausage, Cheddar cheese, Parmesan cheese, milk, and parsley. Shape the mix into 1-inch balls and place on the prepared pan.
- ☐ Bake the sausage balls in the preheated oven until brown, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:9.3, Glycemic Load:0.51, Inflammation Score:-5, Nutrition Score:14.232173891171%

Flavonoids

Apigenin: 0.68mg, Apigenin: 0.68mg, Apigenin: 0.68mg, Apigenin: 0.68mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg

Nutrients (% of daily need)

Calories: 504.8kcal (25.24%), Fat: 34.74g (53.44%), Saturated Fat: 15.1g (94.36%), Carbohydrates: 25.09g (8.36%), Net Carbohydrates: 24.33g (8.85%), Sugar: 4.93g (5.48%), Cholesterol: 84.39mg (28.13%), Sodium: 1135.66mg (49.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.14g (44.28%), Phosphorus: 522.94mg (52.29%), Calcium: 447.46mg (44.75%), Vitamin B2: 0.45mg (26.26%), Selenium: 17.48µg (24.97%), Vitamin B1: 0.35mg (23.54%), Zinc: 3.13mg (20.84%), Vitamin B3: 3.81mg (19.05%), Vitamin B12: 1.14µg (18.97%), Folate: 55.27µg (13.82%), Vitamin A: 551.67IU (11.03%), Vitamin B6: 0.21mg (10.45%), Iron: 1.6mg (8.88%), Vitamin B5: 0.87mg (8.71%), Magnesium: 30.83mg (7.71%), Vitamin D: 1.02µg (6.8%), Manganese: 0.14mg (6.77%), Potassium: 233.88mg (6.68%), Copper: 0.1mg (5.13%), Vitamin K: 3.93µg (3.74%), Vitamin E: 0.5mg (3.37%), Fiber: 0.76g (3.04%)