



Sauerkraut Sausage Balls

READY IN



170 min.

SERVINGS



30

CALORIES



255 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 ounce beef dried shredded
- 8 ounce cream cheese softened
- 1 tablespoon parsley dried
- 1 eggs lightly beaten
- 1.5 cups flour all-purpose
- 1 teaspoon garlic salt
- 1 pound spicy ground pork sausage
- 1.3 cups milk
- 1 teaspoon mustard prepared

- 2 quarts oil for frying
- 1 onion diced
- 16 ounce sauerkraut minced drained canned
- 2 cups seasoned bread crumbs

Equipment

- bowl
- frying pan
- paper towels

Directions

- Place spicy ground pork sausage, onion and dried beef in a large, deep skillet. Cook over medium high heat until sausage is evenly brown and onions are soft, about 10 minutes.
- Drain and transfer to a large bowl.
- Mix sauerkraut, prepared mustard, parsley, cream cheese and garlic salt with the sausage mixture. Cover and chill in the refrigerator approximately 2 hours.
- Heat oil in deep-fryer to 375 degrees F (190 degrees C).
- Place flour in a small bowl. Blend milk and egg together in another small bowl.
- Place seasoned bread crumbs in a medium bowl.
- Roll the chilled sausage mixture into 1 inch balls. Dredge sausage balls one at a time in flour, the egg and milk mixture and the bread crumbs.
- In small batches deep fry sausage balls in the preheated oil until golden brown, about 3 minutes.
- Drain on paper towels and serve warm, or freeze for later use.

Nutrition Facts

 **PROTEIN 8.68%**  **FAT 72.31%**  **CARBS 19.01%**

Properties

Glycemic Index:8.63, Glycemic Load:3.89, Inflammation Score:-3, Nutrition Score:6.1300000418787%

Flavonoids

Apigenin: 3.01mg, Apigenin: 3.01mg, Apigenin: 3.01mg, Apigenin: 3.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 254.99kcal (12.75%), Fat: 20.61g (31.7%), Saturated Fat: 4.29g (26.84%), Carbohydrates: 12.18g (4.06%), Net Carbohydrates: 11.1g (4.04%), Sugar: 1.69g (1.87%), Cholesterol: 26.62mg (8.87%), Sodium: 413.86mg (17.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.57g (11.14%), Vitamin E: 2.38mg (15.89%), Vitamin K: 15.87µg (15.12%), Vitamin B1: 0.18mg (12.11%), Vitamin B3: 1.7mg (8.52%), Selenium: 5.85µg (8.35%), Manganese: 0.16mg (7.95%), Vitamin B2: 0.13mg (7.61%), Phosphorus: 70.13mg (7.01%), Folate: 27.07µg (6.77%), Iron: 1.17mg (6.5%), Vitamin B6: 0.11mg (5.33%), Zinc: 0.7mg (4.69%), Vitamin B12: 0.28µg (4.69%), Calcium: 44.15mg (4.42%), Fiber: 1.09g (4.35%), Potassium: 128.13mg (3.66%), Vitamin C: 2.9mg (3.51%), Vitamin A: 156.9IU (3.14%), Vitamin B5: 0.31mg (3.11%), Magnesium: 12.25mg (3.06%), Copper: 0.06mg (2.94%), Vitamin D: 0.34µg (2.26%)