

Sausage Balls

READY IN



35 min.

SERVINGS



30

CALORIES



142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups baking mix
- 1 pound sausage meat
- 1 pound sharp cheddar cheese shredded

Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl, combine sausage, biscuit baking mix and cheese. Form into walnut size balls and place on baking sheets.
- Bake in preheated oven for 20 to 25 minutes, until golden brown and sausage is cooked through.

Nutrition Facts

PROTEIN 18.29% **FAT 66.3%** **CARBS 15.41%**

Properties

Glycemic Index:1.83, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:3.857826055392%

Nutrients (% of daily need)

Calories: 141.89kcal (7.09%), Fat: 10.38g (15.98%), Saturated Fat: 4.55g (28.44%), Carbohydrates: 5.43g (1.81%), Net Carbohydrates: 5.26g (1.91%), Sugar: 0.98g (1.09%), Cholesterol: 26.17mg (8.72%), Sodium: 297.12mg (12.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.44g (12.89%), Phosphorus: 136.46mg (13.65%), Calcium: 122.58mg (12.26%), Vitamin B2: 0.12mg (7.06%), Selenium: 4.88µg (6.97%), Zinc: 0.93mg (6.21%), Vitamin B1: 0.09mg (6.13%), Vitamin B3: 1.08mg (5.41%), Vitamin B12: 0.32µg (5.33%), Folate: 13.33µg (3.33%), Vitamin A: 163.16IU (3.26%), Vitamin B6: 0.06mg (3.14%), Vitamin B5: 0.23mg (2.35%), Iron: 0.41mg (2.3%), Magnesium: 8.2mg (2.05%), Vitamin D: 0.29µg (1.92%), Potassium: 62.18mg (1.78%), Manganese: 0.03mg (1.47%), Copper: 0.03mg (1.36%), Vitamin E: 0.15mg (1.02%)