



Sausage Balls

READY IN



35 min.

SERVINGS



60

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups baking mix (recommended: Bisquick)
- 1 pound ground sausage
- 1 cup mayonnaise
- 1 tablespoon mustard
- 0.1 tablespoon pepper
- 4 cups sharp cheddar grated

Equipment

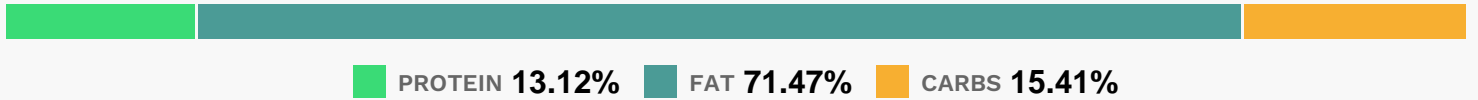
- bowl

- baking sheet
- oven
- spatula

Directions

- Preheat the oven to 375 degrees F. Spray a baking sheet with vegetable oil cooking spray.
- Combine all ingredients in a large glass bowl.
- Mix well with your fingers. The mixture will be very crumbly. Form into 1 inch balls, squeezing the mixture so it holds together, then rolling it between the palms of your hands to form balls.
- Place the balls on the baking sheet.
- Bake for 18 to 20 minutes or until golden brown. To prevent sticking, move the balls with a spatula halfway through cooking. To make the dip, combine the mayonnaise and mustard.
- Serve with sausage balls.

Nutrition Facts



Properties

Glycemic Index:2.82, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:2.5282608750074%

Nutrients (% of daily need)

Calories: 104.97kcal (5.25%), Fat: 8.29g (12.76%), Saturated Fat: 2.79g (17.42%), Carbohydrates: 4.02g (1.34%), Net Carbohydrates: 3.88g (1.41%), Sugar: 0.75g (0.83%), Cholesterol: 14.66mg (4.89%), Sodium: 200.37mg (8.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.85%), Phosphorus: 80.88mg (8.09%), Calcium: 65.19mg (6.52%), Vitamin K: 6.71µg (6.39%), Vitamin B2: 0.07mg (4.09%), Selenium: 2.75µg (3.93%), Vitamin B1: 0.06mg (3.89%), Zinc: 0.48mg (3.23%), Vitamin B3: 0.63mg (3.17%), Vitamin B12: 0.17µg (2.87%), Folate: 9.36µg (2.34%), Vitamin A: 84.07IU (1.68%), Vitamin B6: 0.03mg (1.67%), Iron: 0.28mg (1.53%), Vitamin B5: 0.14mg (1.42%), Vitamin E: 0.2mg (1.35%), Manganese: 0.02mg (1.22%), Magnesium: 4.77mg (1.19%), Potassium: 35.62mg (1.02%), Vitamin D: 0.15µg (1.01%)