



Sausage Balls

READY IN



45 min.

SERVINGS



96

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups baking mix all-purpose
- ☐ 1 pound sausage meat hot
- ☐ 10 ounce sharp cheddar cheese shredded

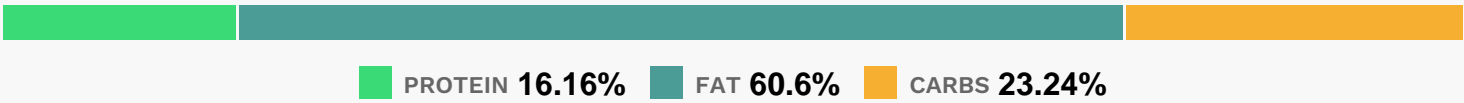
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Combine all ingredients in a large bowl, pressing mixture together with hands. Shape into 3/4-inch balls, and place on lightly greased baking sheets.
- ☐ Bake at 400 for 15 to 18 minutes or until lightly browned.
- ☐ NOTE: For testing purposes only, we used Cracker Barrel Sharp Cheddar Cheese. Freeze uncooked Sausage Balls, if desired.
- ☐ Bake frozen balls at 400 for 18 to 20 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:0.57, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.146956504849%

Nutrients (% of daily need)

Calories: 42.46kcal (2.12%), Fat: 2.84g (4.36%), Saturated Fat: 1.13g (7.07%), Carbohydrates: 2.45g (0.82%), Net Carbohydrates: 2.37g (0.86%), Sugar: 0.45g (0.5%), Cholesterol: 6.43mg (2.14%), Sodium: 97.21mg (4.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.4%), Phosphorus: 41.84mg (4.18%), Calcium: 28.02mg (2.8%), Vitamin B1: 0.04mg (2.36%), Vitamin B2: 0.04mg (2.07%), Vitamin B3: 0.39mg (1.97%), Selenium: 1.12µg (1.6%), Zinc: 0.23mg (1.56%), Vitamin B12: 0.09µg (1.43%), Folate: 5.35µg (1.34%)