



Sausage Balls I

 Dairy Free

READY IN



525 min.

SERVINGS



24

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 teaspoons brown sugar
- ☐ 0.3 cup cracker meal
- ☐ 0.5 teaspoon sage dried
- ☐ 1 eggs beaten
- ☐ 1 pound sausage meat fresh
- ☐ 0.5 cup catsup
- ☐ 1 tablespoon soya sauce
- ☐ 1 tablespoon vinegar white

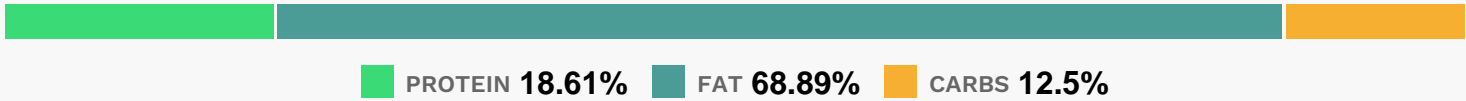
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ mixing bowl
- ☐ pot

Directions

- ☐ In a medium-sized mixing bowl, combine sausage, egg, crushed crackers and sage. Separate the mixture into two balls.
- ☐ Heat a skillet to a high heat and brown the sausage balls.
- ☐ Drain on paper towels.
- ☐ Transfer the balls to a container with a lid.
- ☐ Combine ketchup, vinegar, brown sugar and soy sauce in a small pot. Stir while heating the sauce.
- ☐ Let the sauce come to a boil, then reduce the heat to simmer.
- ☐ Let the sauce simmer for 20 minutes before pouring the sauce over the balls.
- ☐ Allow to cool, then cover the balls and sauce, and refrigerate overnight. Reheat before serving.

Nutrition Facts



Properties

Glycemic Index:3.88, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.72304345473%

Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 70.75kcal (3.54%), Fat: 5.39g (8.29%), Saturated Fat: 1.77g (11.04%), Carbohydrates: 2.2g (0.73%), Net Carbohydrates: 2.16g (0.79%), Sugar: 1.4g (1.55%), Cholesterol: 20.43mg (6.81%), Sodium: 217.48mg (9.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.55%), Vitamin B3: 1.03mg (5.16%), Vitamin B1: 0.06mg

(3.83%), Vitamin B6: 0.07mg (3.55%), Phosphorus: 33.73mg (3.37%), Zinc: 0.45mg (3.01%), Vitamin B12: 0.18µg (2.95%), Vitamin B2: 0.04mg (2.53%), Potassium: 66.4mg (1.9%), Vitamin D: 0.28µg (1.88%), Iron: 0.32mg (1.76%), Vitamin B5: 0.16mg (1.64%), Vitamin E: 0.16mg (1.05%), Copper: 0.02mg (1.01%)