



## Sausage Balls II

READY IN



25 min.

SERVINGS



12

CALORIES



218 kcal

SIDE DISH

### Ingredients

- 1.5 cups baking mix
- 1 pound sausage meat fresh
- 1 cup cheddar cheese shredded

### Equipment

- bowl
- baking sheet
- paper towels
- oven

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl, mix together biscuit mix, Cheddar cheese, and sausage.
- Roll mixture into walnut-size balls and arrange on an ungreased cookie sheet.
- Bake at 350 degrees F (175 degrees C) for 5 to 15 minutes, or until completely cooked and browned.
- Place on paper towels to drain and cool.

## Nutrition Facts

 **PROTEIN 16.91%**  **FAT 65.01%**  **CARBS 18.08%**

## Properties

Glycemic Index:4.58, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:5.5052173863287%

## Nutrients (% of daily need)

Calories: 217.53kcal (10.88%), Fat: 15.54g (23.91%), Saturated Fat: 5.73g (35.8%), Carbohydrates: 9.72g (3.24%), Net Carbohydrates: 9.41g (3.42%), Sugar: 1.78g (1.98%), Cholesterol: 36.93mg (12.31%), Sodium: 493.39mg (21.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.1g (18.2%), Phosphorus: 181.91mg (18.19%), Vitamin B1: 0.19mg (12.86%), Vitamin B3: 2.46mg (12.32%), Calcium: 96.83mg (9.68%), Vitamin B2: 0.15mg (9.01%), Zinc: 1.26mg (8.37%), Vitamin B12: 0.48µg (7.99%), Vitamin B6: 0.13mg (6.68%), Selenium: 3.79µg (5.41%), Folate: 21.11µg (5.28%), Iron: 0.85mg (4.72%), Vitamin B5: 0.43mg (4.25%), Vitamin D: 0.55µg (3.65%), Potassium: 125.44mg (3.58%), Magnesium: 11.58mg (2.9%), Manganese: 0.05mg (2.69%), Copper: 0.05mg (2.56%), Vitamin A: 123.3IU (2.47%), Vitamin K: 1.35µg (1.29%), Fiber: 0.31g (1.26%), Vitamin E: 0.16mg (1.08%)