



Sausage Balls III

 Gluten Free

READY IN



25 min.

SERVINGS



10

CALORIES



179 kcal

SIDE DISH

Ingredients

- 2 cups buttermilk biscuit mix dry
- 0.5 pound ground spicy pork sausage fresh
- 3 ounces processed cheese sauce

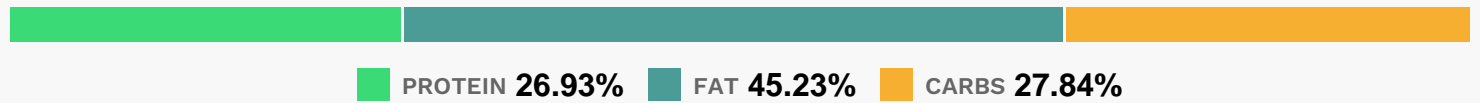
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- In a medium-sized bowl, combine regular sausage with spicy sausage, cheese and biscuit mix.
- Mix well and form into small balls, about 1 to 1 1/2 inches diameter.
- Place on a cookie sheet.
- Bake until fully cooked, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:2.8, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:7.8943478789019%

Nutrients (% of daily need)

Calories: 178.5kcal (8.92%), Fat: 8.93g (13.73%), Saturated Fat: 3.2g (19.99%), Carbohydrates: 12.36g (4.12%), Net Carbohydrates: 12.36g (4.5%), Sugar: 12.1g (13.44%), Cholesterol: 33.65mg (11.22%), Sodium: 338.15mg (14.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.96g (23.92%), Calcium: 292.27mg (29.23%), Phosphorus: 254.54mg (25.45%), Vitamin B2: 0.41mg (23.92%), Vitamin B12: 1.11µg (18.49%), Potassium: 438.33mg (12.52%), Vitamin B1: 0.16mg (10.43%), Zinc: 1.46mg (9.71%), Vitamin B5: 0.91mg (9.13%), Vitamin B6: 0.15mg (7.53%), Magnesium: 29.58mg (7.39%), Selenium: 4.87µg (6.96%), Vitamin B3: 1.28mg (6.38%), Folate: 11.51µg (2.88%), Vitamin D: 0.41µg (2.77%), Vitamin A: 104.6IU (2.09%), Copper: 0.04mg (2.08%), Vitamin C: 1.53mg (1.85%), Iron: 0.32mg (1.8%)