



Sausage Cheese Balls

READY IN



45 min.

SERVINGS



72

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups buttermilk baking mix
- ☐ 0.5 cup celery chopped
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 cup onion diced
- ☐ 2 pounds pork sausage
- ☐ 16 ounces cheddar cheese shredded

Equipment

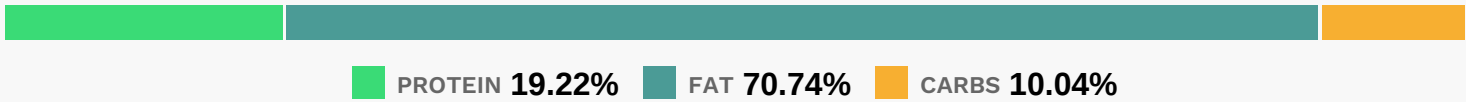
- ☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Combine the sausage, baking mix, cheddar cheese, onion, celery and garlic powder.
- ☐ Mix well and form into 1 inch balls.
- ☐ Place on ungreased cookie sheet 1/2 inch apart.
- ☐ Bake for 15 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:1.65, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:1.9647826170144%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 75.32kcal (3.77%), Fat: 5.87g (9.03%), Saturated Fat: 2.42g (15.11%), Carbohydrates: 1.88g (0.63%), Net Carbohydrates: 1.79g (0.65%), Sugar: 0.37g (0.41%), Cholesterol: 15.42mg (5.14%), Sodium: 153.85mg (6.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.18%), Phosphorus: 61.06mg (6.11%), Calcium: 50.7mg (5.07%), Vitamin B3: 0.71mg (3.57%), Zinc: 0.52mg (3.49%), Vitamin B1: 0.05mg (3.44%), Vitamin B2: 0.05mg (3.22%), Vitamin B12: 0.18µg (3.06%), Selenium: 1.98µg (2.83%), Vitamin B6: 0.05mg (2.35%), Vitamin A: 75.85IU (1.52%), Vitamin B5: 0.14mg (1.36%), Vitamin D: 0.2µg (1.34%), Folate: 5.05µg (1.26%), Potassium: 43.87mg (1.25%), Iron: 0.22mg (1.25%), Magnesium: 4.29mg (1.07%)