



## Sausage-Cheese Balls

 Popular

READY IN



50 min.

SERVINGS



100

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 cups pancake mix
- 1 lb sausage meat uncooked
- 16 oz cheddar cheese shredded
- 0.5 cup parmesan cheese grated
- 0.5 cup milk
- 0.5 teaspoon rosemary dried crushed
- 1.5 teaspoons parsley fresh chopped
- 1 serving barbecue sauce

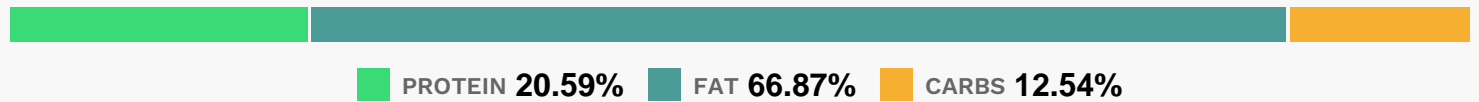
## Equipment

- bowl
- frying pan
- oven
- baking pan

## Directions

- Heat oven to 350°F. Lightly grease bottom and sides of 2 rimmed 15x10x1-inch baking pans.
- In large bowl, stir together all ingredients except barbecue sauce, using hands or spoon. Shape mixture into 1-inch balls.
- Place 1/2 inch apart on pans.
- Bake 20 to 25 minutes, rotating pans halfway through bake time, until brown. Immediately remove from pan; transfer to serving platter.
- Serve warm with sauce for dipping.

## Nutrition Facts



## Properties

Glycemic Index:1.63, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.2617391338167%

## Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg

## Nutrients (% of daily need)

Calories: 43.66kcal (2.18%), Fat: 3.23g (4.96%), Saturated Fat: 1.45g (9.06%), Carbohydrates: 1.36g (0.45%), Net Carbohydrates: 1.29g (0.47%), Sugar: 0.08g (0.09%), Cholesterol: 11.15mg (3.72%), Sodium: 87.53mg (3.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.47%), Calcium: 46.81mg (4.68%), Phosphorus: 43.52mg (4.35%), Selenium: 1.86µg (2.66%), Vitamin B2: 0.04mg (2.42%), Zinc: 0.32mg (2.14%), Vitamin B12: 0.11µg (1.89%), Vitamin B1: 0.02mg (1.5%), Vitamin B3: 0.27mg (1.33%), Vitamin A: 64.97IU (1.3%), Vitamin B6: 0.02mg (1.11%)