

Sausage Cheese Puffs

 Vegetarian

READY IN



45 min.

SERVINGS



60

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon double-acting baking powder
- 2 cups baking mix
- 2.5 cups sharp cheddar cheese shredded
- 0.5 cup water

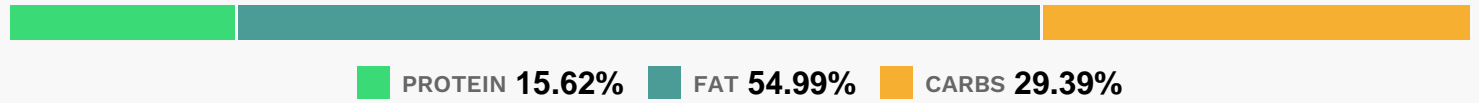
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 350 degrees F.
- Combine ingredients in large bowl until blended. Shape into 1 inch balls.
- Place on baking sheets.
- Bake about 25 minutes or until golden brown.
- Serve hot. Refrigerate leftovers.

Nutrition Facts



Properties

Glycemic Index:1.98, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.1195652100217%

Nutrients (% of daily need)

Calories: 36.37kcal (1.82%), Fat: 2.22g (3.41%), Saturated Fat: 1.06g (6.64%), Carbohydrates: 2.67g (0.89%), Net Carbohydrates: 2.58g (0.94%), Sugar: 0.48g (0.54%), Cholesterol: 4.79mg (1.6%), Sodium: 89mg (3.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.83%), Phosphorus: 46.42mg (4.64%), Calcium: 44.42mg (4.44%), Selenium: 1.63µg (2.33%), Vitamin B2: 0.04mg (2.25%), Vitamin B1: 0.02mg (1.62%), Folate: 5.99µg (1.5%), Zinc: 0.2mg (1.31%), Vitamin B12: 0.07µg (1.09%)