



Sausage Flowers

READY IN



35 min.

SERVINGS



24

CALORIES



135 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup colby cheese shredded
- 1 bunch spring onion chopped
- 1 pound ground sausage italian
- 0.5 cup monterrey jack cheese shredded
- 1 cup salsa
- 16 ounce cream sour
- 72 5-inch wonton wrappers

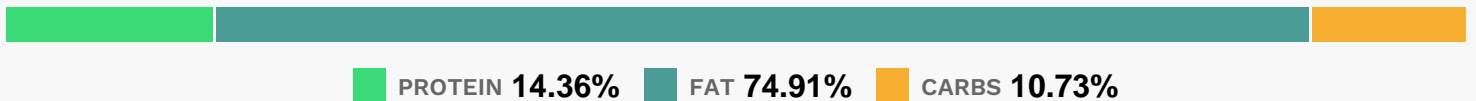
Equipment

- frying pan
- oven
- muffin tray

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a miniature muffin pan.
- Place ground Italian sausage in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain and remove from heat.
- Stir Monterey Jack cheese and Colby cheese into the warm sausage to melt. Stir in salsa.
- Gently press wonton wrappers into the prepared miniature muffin pan so that the edges are extending.
- Place a heaping tablespoon of the sausage mixture into each wonton wrapper.
- Bake 10 minutes in the preheated oven, or until wonton edges begin to brown.
- Transfer baked filled wontons to a serving platter. Dollop each with approximately 1 tablespoon sour cream.
- Sprinkle with green onions.

Nutrition Facts



Properties

Glycemic Index:3.63, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:3.5691304239242%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 134.62kcal (6.73%), Fat: 11.25g (17.31%), Saturated Fat: 5.05g (31.59%), Carbohydrates: 3.63g (1.21%), Net Carbohydrates: 3.35g (1.22%), Sugar: 1.11g (1.23%), Cholesterol: 30.49mg (10.16%), Sodium: 263.14mg (11.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.85g (9.71%), Selenium: 7.08µg (10.11%), Vitamin B1: 0.13mg (8.79%), Phosphorus: 70.49mg (7.05%), Calcium: 64.05mg (6.41%), Vitamin B2: 0.1mg (5.8%), Vitamin B3: 0.93mg

(4.63%), Vitamin A: 225.57IU (4.51%), Vitamin B6: 0.09mg (4.45%), Vitamin B12: 0.25µg (4.24%), Zinc: 0.6mg (4.02%), Potassium: 110.01mg (3.14%), Vitamin K: 2.94µg (2.8%), Iron: 0.44mg (2.42%), Manganese: 0.05mg (2.33%), Magnesium: 8.31mg (2.08%), Vitamin B5: 0.19mg (1.94%), Folate: 7.22µg (1.8%), Copper: 0.03mg (1.64%), Vitamin E: 0.22mg (1.49%), Vitamin C: 0.94mg (1.14%), Fiber: 0.28g (1.1%)