

Sausage Stuffing Balls

 Dairy Free

READY IN

ready

60 min.

SERVINGS

servings

20

CALORIES

calories

97 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 cup celery finely chopped
- ☐ 1 eggs beaten
- ☐ 1 pound sausage meat
- ☐ 0.5 cup onion finely chopped
- ☐ 0.5 cup herb-seasoned bread stuffing mix dry
- ☐ 0.8 cup water hot

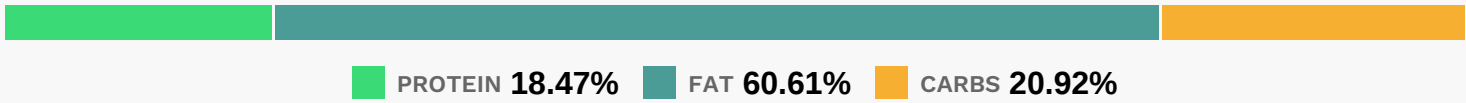
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ In a medium bowl, mix herb-seasoned dry bread stuffing mix with hot water. Gradually mix in pork until blended with the stuffing mix. Stir in onion, celery, egg and baking powder.
- ☐ Shape the mixture into 1 inch balls.
- ☐ Place the balls on a large baking sheet, cover with foil and bake in the preheated oven 15 minutes.
- ☐ Remove foil. Raise oven temperature to 350 degrees F (175 degrees C). Continue baking 25 minutes, until golden brown.

Nutrition Facts



Properties

Glycemic Index:8.95, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:2.7795652228853%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 96.93kcal (4.85%), Fat: 6.44g (9.9%), Saturated Fat: 2.12g (13.23%), Carbohydrates: 5g (1.67%), Net Carbohydrates: 4.7g (1.71%), Sugar: 0.7g (0.78%), Cholesterol: 24.57mg (8.19%), Sodium: 243.69mg (10.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.82%), Vitamin B3: 1.42mg (7.11%), Vitamin B1: 0.1mg (6.72%), Selenium: 3.54µg (5.06%), Phosphorus: 47.27mg (4.73%), Vitamin B6: 0.09mg (4.44%), Zinc: 0.59mg (3.91%), Vitamin B2: 0.06mg (3.77%), Vitamin B12: 0.21µg (3.56%), Folate: 12.87µg (3.22%), Iron: 0.54mg (3%), Potassium: 86.26mg (2.46%), Vitamin D: 0.34µg (2.26%), Manganese: 0.04mg (2.23%), Vitamin B5: 0.22mg (2.21%), Copper: 0.03mg (1.73%), Calcium: 17.08mg (1.71%), Magnesium: 6.6mg (1.65%), Fiber: 0.3g (1.19%)