



Scrumptious Sausage and Raisin Appetizer Balls



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



10

CALORIES



160 kcal

SIDE DISH

Ingredients

- ☐ 1 pound bulk pork sausage
- ☐ 0.5 teaspoon basil dried
- ☐ 0.5 cup golden raisins
- ☐ 1 pinch paprika or as needed

Equipment

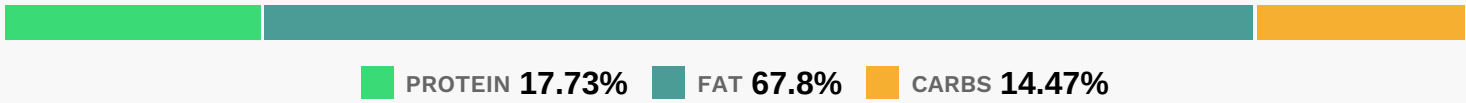
- ☐ bowl
- ☐ frying pan

- ☐ baking sheet
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Mix sausage, raisins, and basil together in a bowl; roll into walnut-size balls. Arrange balls on a baking sheet or jelly roll pan with sides; sprinkle with paprika.
- ☐ Bake in the preheated oven for 15 minutes.
- ☐ Remove sheet from oven, drain fat, re-roll balls if needed, and sprinkle with more paprika. Continue baking until cooked through, 10 to 15 minutes. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C).
- ☐ Drain.

Nutrition Facts



Properties

Glycemic Index:9.97, Glycemic Load:3.1, Inflammation Score:-1, Nutrition Score:3.4799999840882%

Flavonoids

Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 159.93kcal (8%), Fat: 12.07g (18.57%), Saturated Fat: 4g (25.01%), Carbohydrates: 5.79g (1.93%), Net Carbohydrates: 5.48g (1.99%), Sugar: 4.29g (4.77%), Cholesterol: 32.66mg (10.89%), Sodium: 289.4mg (12.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.1g (14.21%), Vitamin B3: 2.22mg (11.1%), Vitamin B1: 0.13mg (8.36%), Vitamin B6: 0.16mg (8.16%), Phosphorus: 69.74mg (6.97%), Zinc: 1.01mg (6.74%), Vitamin B12: 0.39µg (6.43%), Potassium: 168.12mg (4.8%), Vitamin B2: 0.07mg (4.11%), Vitamin D: 0.59µg (3.93%), Iron: 0.68mg (3.78%), Vitamin B5: 0.32mg (3.15%), Copper: 0.06mg (2.87%), Magnesium: 9.26mg (2.32%), Manganese: 0.03mg (1.48%), Fiber: 0.31g (1.25%), Vitamin K: 1.3µg (1.24%)