



## Turkey Sausage Cheese Balls

READY IN



45 min.

SERVINGS



100

CALORIES



28 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 2.5 cups baking mix bisquick heart smart®
- ☐ 1 lb turkey sausage lean uncooked
- ☐ 12 oz cheddar cheese shredded reduced-fat
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.5 cup milk 1%
- ☐ 0.5 teaspoon rosemary dried crushed
- ☐ 1.5 teaspoons parsley fresh chopped
- ☐ 1 serving barbecue sauce

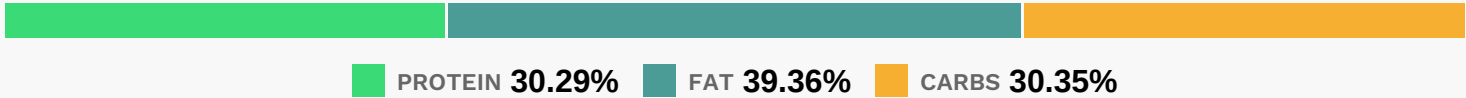
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer

# Directions

- ☐ Heat oven to 350°F. Lightly grease bottom and sides of 15x10x1-inch pan.
- ☐ In large bowl, stir together all ingredients except barbeque sauce, using hands or spoon. Shape mixture into 1-inch balls.
- ☐ Place in pan.
- ☐ Bake 20 to 25 minutes or until brown and thermometer inserted in center of ball reads at least 165°F. Immediately remove from pan.
- ☐ Serve warm with sauce for dipping.

# Nutrition Facts



# Properties

Glycemic Index:0.7, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.0739130471712%

# Flavonoids

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

# Nutrients (% of daily need)

Calories: 28.39kcal (1.42%), Fat: 1.22g (1.87%), Saturated Fat: 0.44g (2.75%), Carbohydrates: 2.11g (0.7%), Net Carbohydrates: 2.05g (0.75%), Sugar: 0.43g (0.48%), Cholesterol: 4.67mg (1.56%), Sodium: 95.32mg (4.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.22%), Phosphorus: 46.44mg (4.64%), Calcium: 26.28mg (2.63%), Vitamin B2: 0.03mg (2.04%), Vitamin B3: 0.35mg (1.74%), Vitamin B12: 0.1µg (1.69%), Zinc: 0.25mg (1.64%), Vitamin B1: 0.02mg (1.46%), Selenium: 0.92µg (1.31%), Vitamin B6: 0.02mg (1.23%), Folate: 4.41µg (1.1%)