



## Wildfire Sausage Meatballs

READY IN



40 min.

SERVINGS



8

CALORIES



311 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 18 ounce wildfire bbq sauce bob evans®
- 0.3 cup bread crumbs
- 1 eggs
- 1 pound 1 pound bob evans® zesty hot sausage roll hot bob evans®
- 0.3 cup milk
- 0.3 cup parmesan cheese grated

### Equipment

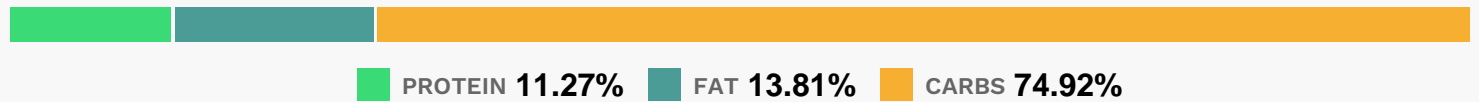
- bowl

- baking sheet
- sauce pan
- oven

## Directions

- Preheat oven to 400 degrees F.
- In large bowl, place sausage, egg, bread crumbs, cheese and milk. Stir until well combined. Shape into small meatballs and place in single layer on baking sheet.
- Bake for 20 to 25 minutes or until browned and cooked through.
- In a small saucepan, warm BBQ sauce.
- Serve with meatballs.

## Nutrition Facts



## Properties

Glycemic Index:12.5, Glycemic Load:17.11, Inflammation Score:-4, Nutrition Score:9.7465217009835%

## Nutrients (% of daily need)

Calories: 311.22kcal (15.56%), Fat: 4.73g (7.28%), Saturated Fat: 1.51g (9.42%), Carbohydrates: 57.77g (19.26%), Net Carbohydrates: 56.03g (20.37%), Sugar: 25.9g (28.78%), Cholesterol: 25mg (8.33%), Sodium: 1045.42mg (45.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.69g (17.38%), Selenium: 20.39µg (29.13%), Vitamin B1: 0.36mg (24.19%), Manganese: 0.43mg (21.52%), Calcium: 158.16mg (15.82%), Vitamin B2: 0.27mg (15.75%), Folate: 61.02µg (15.25%), Vitamin B3: 2.99mg (14.95%), Iron: 2.63mg (14.62%), Phosphorus: 120.6mg (12.06%), Potassium: 250.47mg (7.16%), Fiber: 1.75g (6.99%), Magnesium: 25.82mg (6.45%), Copper: 0.12mg (6.1%), Zinc: 0.85mg (5.69%), Vitamin B6: 0.1mg (5.25%), Vitamin E: 0.75mg (4.99%), Vitamin B12: 0.27µg (4.53%), Vitamin A: 221.54IU (4.43%), Vitamin K: 4.2µg (4%), Vitamin B5: 0.25mg (2.5%), Vitamin D: 0.21µg (1.43%), Vitamin C: 1.12mg (1.36%)