



WHATSheATE



Yummy Sausage Cups

READY IN



45 min.

SERVINGS



60

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound sausage meat
- ☐ 8.4 oz athens phyllo shells frozen
- ☐ 1 oz ranch seasoning
- ☐ 8 oz sharp cheddar cheese shredded
- ☐ 16 oz cream sour

Equipment

- ☐ frying pan
- ☐ baking sheet

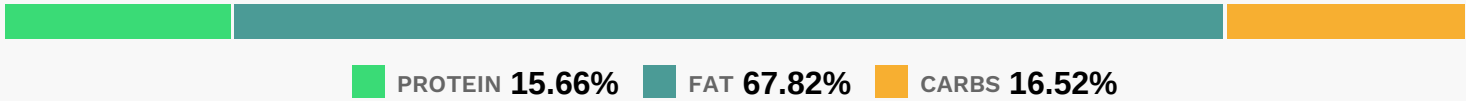
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 oven

Directions

- ☐ Brown sausage in a skillet over medium heat; drain and return to skillet. Stir in remaining ingredients except phyllo cups.
- ☐ Fill each phyllo cup with a scoop of sausage mixture. Arrange cups on ungreased baking sheets.
- ☐ Bake at 350 degrees for 15 minutes, or until heated through and cups are golden.

Nutrition Facts



Properties

Glycemic Index:0.92, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.1886956464985%

Nutrients (% of daily need)

Calories: 68.46kcal (3.42%), Fat: 5.31g (8.17%), Saturated Fat: 2.15g (13.46%), Carbohydrates: 2.91g (0.97%), Net Carbohydrates: 2.91g (1.06%), Sugar: 0.27g (0.3%), Cholesterol: 13.68mg (4.56%), Sodium: 118.84mg (5.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.51%), Calcium: 35.04mg (3.5%), Phosphorus: 33.26mg (3.33%), Vitamin B2: 0.04mg (2.27%), Zinc: 0.33mg (2.18%), Vitamin B12: 0.12µg (2%), Selenium: 1.35µg (1.93%), Vitamin B3: 0.36mg (1.82%), Vitamin A: 90.64IU (1.81%), Vitamin B1: 0.02mg (1.56%), Vitamin B6: 0.03mg (1.44%)