

Cheesy Sausage Bites

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1 pound roll sausage
2 cups biscuit mix
2 1/2 cups sharp Cheddar cheese,
shredded
1/2 cup water
1 teaspoon baking powder

Bake: 25 minutes

Preheat the oven to 350 degrees.

In a large saucepan over medium heat, crumble and cook the sausage until fully cooked, about 5 minutes.

In a large bowl, combine the cooked sausage crumbles with the biscuit mix, cheese, water and baking powder, mixing until well blended. Shape into one-inch balls. Place on baking sheets.

Bake about 25 minutes or until golden brown.

Serve hot.

Refrigerate any leftovers.

Per Serving (excluding unknown items): 2171 Calories; 131g Fat (54.4% calories from fat); 90g Protein; 157g Carbohydrate; 5g Dietary Fiber; 302mg Cholesterol; 5313mg Sodium. Exchanges: 10 Grain(Starch); 10 Lean Meat; 19 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	2171	Vitamin B6 (mg):	.4mg
% Calories from Fat:	54.4%	Vitamin B12 (mcg):	3.2mcg
% Calories from Carbohydrates:	29.0%	Thiamin B1 (mg):	1.5mg
% Calories from Protein:	16.6%	Riboflavin B2 (mg):	2.1mg
Total Fat (g):	131g	Folacin (mcg):	71mcg
Saturated Fat (g):	69g	Niacin (mg):	11mg
Monounsaturated Fat (g):	47g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	7g	Alcohol (kcal):	0

Cholesterol (mg):	302mg
Carbohydrate (g):	157g
Dietary Fiber (g):	5g
Protein (g):	90g
Sodium (mg):	5313mg
Potassium (mg):	671mg
Calcium (mg):	2747mg
Iron (mg):	9mg
Zinc (mg):	10mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	3012IU
Vitamin A (r.e.):	906 1/2RE

% Daily Values: 0.0%

Food Exchanges

Grain (Starch):	10
Lean Meat:	10
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	19 1/2
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 2171 Calories from Fat: 1182

% Daily Values*

Total Fat 131g	201%
Saturated Fat 69g	346%
Cholesterol 302mg	101%
Sodium 5313mg	221%
Total Carbohydrates 157g	52%
Dietary Fiber 5g	20%
Protein 90g	
Vitamin A	60%
Vitamin C	1%
Calcium	275%
Iron	50%

* Percent Daily Values are based on a 2000 calorie diet.