

Green Chile and Cheese Sausage Poppers

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Yield: 100 poppers

*3 cups biscuit mix
1 pound hot Italian sausage,
uncooked
4 cups (16 ounces) Monterey Jack
cheese, shredded
1/2 cup Parmesan cheese, shredded
1/2 cup milk
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/8 teaspoon cayenne pepper
1 can fire-roasted green chiles, diced
1/2 teaspoon fresh ground black
pepper*

Allow the sausage and cheeses to sit at room temperature for about 30 minutes before preparing.

Preheat the oven to 350 degrees.

Prepare a baking sheet with parchment paper. Set aside.

In a large bowl, combine the sausage and biscuit mix, using hands. Mix with a paddle attachment. Once the ingredients are combined, add the cheeses, chiles, milk and spices. Mix well with hands until completely combined.

Using a one tablespoon scoop or a heaping teaspoon, portion the mixture and shape into balls about one-inch in size. Place them on the parchment paper-lined baking sheet.

Bake for 20 to 25 minutes or until golden brown. Immediately remove from the baking sheet.

Serve warm with a sauce for dipping.

Per Serving (excluding unknown items): 3497 Calories; 208g Fat (53.9% calories from fat); 160g Protein; 241g Carbohydrate; 8g Dietary Fiber; 458mg Cholesterol; 7823mg Sodium. Exchanges: 15 1/2 Grain(Starch); 17 1/2 Lean Meat; 1/2 Non-Fat Milk; 30 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):

3497

Vitamin B6 (mg):

.7mg

% Calories from Fat: 53.9%
% Calories from Carbohydrates: 27.7%
% Calories from Protein: 18.4%
Total Fat (g): 208g
Saturated Fat (g): 111g
Monounsaturated Fat (g): 75g
Polyunsaturated Fat (g): 12g
Cholesterol (mg): 458mg
Carbohydrate (g): 241g
Dietary Fiber (g): 8g
Protein (g): 160g
Sodium (mg): 7823mg
Potassium (mg): 1223mg
Calcium (mg): 4724mg
Iron (mg): 14mg
Zinc (mg): 17mg
Vitamin C (mg): 3mg
Vitamin A (i.u.): 4833IU
Vitamin A (r.e.): 1435RE

Vitamin B12 (mcg): 6.1mcg
Thiamin B1 (mg): 2.2mg
Riboflavin B2 (mg): 3.6mg
Folacin (mcg): 123mcg
Niacin (mg): 17mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0.0%

Food Exchanges

Grain (Starch): 15 1/2
Lean Meat: 17 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 1/2
Fat: 30 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 3497 **Calories from Fat:** 1885

% Daily Values*

Total Fat	208g	321%
Saturated Fat	111g	553%
Cholesterol	458mg	153%
Sodium	7823mg	326%
Total Carbohydrates	241g	80%
Dietary Fiber	8g	32%
Protein	160g	
Vitamin A		97%
Vitamin C		5%
Calcium		472%
Iron		78%

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