

Sauerkraut Balls

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Trinity Jubilee Cookbook - Trinity United Methodist Church

1 pound ground pork sausage
1 medium onion, diced
1 can (16 ounces) sauerkraut, well drained and finely chopped
1 package (8 ounce) cream cheese, softened
1 egg
2 cups seasoned bread crumbs

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Cook the sausage and onion in a large, deep skillet over medium-high heat until the sausage is evenly browned and the onion is soft, about 10 minutes. Drain and transfer to a large bowl.

Add the sauerkraut and cream cheese to the sausage mixture and combine well. Cover and chill in the refrigerator for approximately two hours.

Preheat the oven to 350 degrees.

In a small bowl, beat the egg. In a medium bowl, place the bread crumbs.

Roll spoonfuls of the chilled sausage mixture into one-inch balls.

Dredge the sausage balls, one at a time, in the egg mixture and bread crumbs. Place the balls in a baking dish sprayed with nonstick cooking spray.

Bake in the oven for about 15 minutes until golden brown.

Per Serving (excluding unknown items): 1851 Calories; 93g Fat (44.8% calories from fat); 61g Protein; 195g Carbohydrate; 18g Dietary Fiber; 471mg Cholesterol; 8679mg Sodium. Exchanges: 11 1/2 Grain(Starch); 3 1/2 Lean Meat; 3 1/2 Vegetable; 16 1/2 Fat.

Appetizers

Calories (kcal): 1851
% Calories from Fat: 44.8%
% Calories from Carbohydrates: 42.0%
% Calories from Protein: 13.2%
Total Fat (g): 93g
Saturated Fat (g): 54g
Monounsaturated Fat (g): 27g
Polyunsaturated Fat (g): 5g
Cholesterol (mg): 471mg
Carbohydrate (g): 195g
Dietary Fiber (g): 18g
Protein (g): 61g
Sodium (mg): 8679mg
Potassium (mg): 1566mg
Calcium (mg): 542mg
Iron (mg): 15mg
Zinc (mg): 5mg
Vitamin C (mg): 43mg
Vitamin A (i.u.): 3631IU
Vitamin A (r.e.): 1079 1/2RE

Vitamin B6 (mg): .9mg
Vitamin B12 (mcg): 1.7mcg
Thiamin B1 (mg): .5mg
Riboflavin B2 (mg): 1.2mg
Folacin (mcg): 179mcg
Niacin (mg): 7mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0.0%

Food Exchanges

Grain (Starch): 11 1/2
Lean Meat: 3 1/2
Vegetable: 3 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 16 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1851 **Calories from Fat:** 830

% Daily Values*

Total Fat	93g	142%
Saturated Fat	54g	272%
Cholesterol	471mg	157%
Sodium	8679mg	362%
Total Carbohydrates	195g	65%
Dietary Fiber	18g	72%
Protein	61g	
Vitamin A		73%
Vitamin C		71%
Calcium		54%
Iron		83%

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