

# Sausage Squares

Sara F Patterson, Nancy F Holley & Cleo F Long  
Three Sisters Cookbook - Alexander City, AL

2 pounds sausage  
1 pound Velveeta cheese  
1 loaf thin sliced bread

In a skillet, cook the sausage until gray in color.

Cut up the cheese and place in the skillet with the sausage. Cook until the cheese melts.

Spread each slice of bread with the sausage and cheese mixture. Cut each slice into four squares.

Place each square on a cookie sheet. Place in the freezer until the squares are frozen. Remove squares from cookie sheet and place in resealable freezer bags. Return to freezer.

Remove sausage squares as needed. Bake at 375 degrees until bubbly and the edges are brown.

*The squares can be kept in the freezer all of the time and used for appetizers or with scrambled eggs for a light supper.*

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Per Serving (excluding unknown items): 3786 Calories; 366g Fat (87.7% calories from fat); 106g Protein; 9g Carbohydrate; 0g Dietary Fiber; 617mg Cholesterol; 6056mg Sodium. Exchanges: 15 Lean Meat; 63 1/2 Fat.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	3786	Vitamin B6 (mg):	2.3mg
% Calories from Fat:	87.7%	Vitamin B12 (mcg):	10.1mcg
% Calories from Carbohydrates:	1.0%	Thiamin B1 (mg):	4.9mg
% Calories from Protein:	11.3%	Riboflavin B2 (mg):	1.3mg
Total Fat (g):	366g	Folacin (mcg):	36mcg
Saturated Fat (g):	131g	Niacin (mg):	26mg
Monounsaturated Fat (g):	168g	Caffeine (mg):	0mg

**Polyunsaturated Fat (g):** 47g  
**Cholesterol (mg):** 617mg  
**Carbohydrate (g):** 9g  
**Dietary Fiber (g):** 0g  
**Protein (g):** 106g  
**Sodium (mg):** 6056mg  
**Potassium (mg):** 1852mg  
**Calcium (mg):** 163mg  
**Iron (mg):** 8mg  
**Zinc (mg):** 14mg  
**Vitamin C (mg):** 18mg  
**Vitamin A (i.u.):** 0IU  
**Vitamin A (r.e.):** 0RE

**Alcohol (kcal):** 0  
**% Refuse:** 00%

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### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 15  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 63 1/2  
**Other Carbohydrates:** 0

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## Nutrition Facts

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### Amount Per Serving

**Calories** 3786                      **Calories from Fat:** 3322

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### % Daily Values\*

<b>Total Fat</b> 366g	563%
Saturated Fat 131g	657%
<b>Cholesterol</b> 617mg	206%
<b>Sodium</b> 6056mg	252%
<b>Total Carbohydrates</b> 9g	3%
Dietary Fiber 0g	0%
<b>Protein</b> 106g	
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<b>Vitamin A</b>	0%
<b>Vitamin C</b>	30%
<b>Calcium</b>	16%
<b>Iron</b>	45%

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