

Sausage and Cheese Balls

Fran Virus

Community Living Committee - All Saint's Church Hammond, IN 1987

*3 1/2 cups commercial biscuit mix,
room temperature
1 pound loose or roll pork sausage,
room temperature
1 pound sharp cheddar cheese, room
temperature*

Preheat the oven to 350 degrees.

In a bowl, combine all of the ingredients with your hands. (It will seem dry at first but keep kneading.) When well mixed, it will be a very thick dough.

Roll the dough into very small balls. (They will rise some when cooked.)

Bake for 12 to 15 minutes. The balls can be frozen before cooking and baked as needed.

Per Serving (excluding unknown items): 1828 Calories; 150g Fat (74.0% calories from fat); 113g Protein; 6g Carbohydrate; 0g Dietary Fiber; 476mg Cholesterol; 2817mg Sodium. Exchanges: 16 Lean Meat; 20 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1828	Vitamin B6 (mg):	.3mg
% Calories from Fat:	74.0%	Vitamin B12 (mcg):	3.7mcg
% Calories from Carbohydrates:	1.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	24.7%	Riboflavin B2 (mg):	1.7mg
Total Fat (g):	150g	Folacin (mcg):	83mcg
Saturated Fat (g):	96g	Niacin (mg):	trace
Monounsaturated Fat (g):	43g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	0
Cholesterol (mg):	476mg	% Refused:	0.0%
Carbohydrate (g):	6g		
Dietary Fiber (g):	0g		
	113g		

Food Exchanges

Grain (Starch):	0
	16
	1

Protein (g):
Sodium (mg): 2817mg
Potassium (mg): 447mg
Calcium (mg): 3275mg
Iron (mg): 3mg
Zinc (mg): 14mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 4808IU
Vitamin A (r.e.): 1443 1/2RE

Lean Meat:
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 20
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1828 **Calories from Fat:** 1353

% Daily Values*

Total Fat 150g	231%
Saturated Fat 96g	479%
Cholesterol 476mg	159%
Sodium 2817mg	117%
Total Carbohydrates 6g	2%
Dietary Fiber 0g	0%
Protein 113g	
Vitamin A	96%
Vitamin C	0%
Calcium	327%
Iron	17%

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