

# Mini Sausage Balls

Walmart Ad

## Yield: 60 mini sausage balls

1 package (16 ounce) roll sausage  
1/2 cup spinach & artichoke dip  
1/2 cup unseasoned bread crumbs  
1/2 cup Parmesan cheese, shredded

Preheat the oven to 375 degrees.

In a large mixing bowl, mix all of the ingredients together. Roll into one-inch bite-sized balls.

Bake for 15 to 18 minutes until fully cooked (minimum of 165 degrees internally).

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Per Serving (excluding unknown items): 182 Calories; 12g Fat (60.0% calories from fat); 17g Protein; 1g Carbohydrate; 0g Dietary Fiber; 31mg Cholesterol; 745mg Sodium. Exchanges: 2 1/2 Lean Meat; 1 Fat.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	182	Vitamin B6 (mg):	0mg
% Calories from Fat:	60.0%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	3.2%	Thiamin B1 (mg):	0mg
% Calories from Protein:	36.8%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	12g	Folacin (mcg):	3mcg
Saturated Fat (g):	8g	Niacin (mg):	trace
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	31mg	% Refuse:	n n%
Carbohydrate (g):	1g	<b>Food Exchanges</b>	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	17g	Lean Meat:	2 1/2
Sodium (mg):	745mg	Vegetable:	0
Potassium (mg):	43mg	Fruit:	0
Calcium (mg):	550mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	1
Zinc (mg):	1mg	Other Carbohydrates:	0

Vitamin C (mg): 0mg  
Vitamin A (i.u.): 280IU  
Vitamin A (r.e.): 84 1/2RE

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## Nutrition Facts

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### Amount Per Serving

Calories 182                      Calories from Fat: 109

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### % Daily Values\*

<b>Total Fat</b>	12g	18%
Saturated Fat	8g	38%
<b>Cholesterol</b>	31mg	10%
<b>Sodium</b>	745mg	31%
<b>Total Carbohydrates</b>	1g	0%
Dietary Fiber	0g	0%
<b>Protein</b>	17g	
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<b>Vitamin A</b>		6%
<b>Vitamin C</b>		0%
<b>Calcium</b>		55%
<b>Iron</b>		2%

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