

Sausage & Sauerkraut Balls

www.BobEvans.com

Yield: 40 meatballs

*1 pound ground sausage
2 cups sauerkraut, drained and
squeezed dry
1 teaspoon Dijon or yellow mustard
1 teaspoon caraway seeds (optional)
2 1/2 cups Swiss cheese, shredded
1 teaspoon spicy brown mustard
(optional)
1 1/2 cups all-purpose flour
10 tablespoons butter or margarine,
melted*

Preparation Time: 30 minutes

Cook Time: 30 minutes

Preheat the oven to 350 degrees.

In a large bowl, combine the sausage and sauerkraut. Form the mixture into approximately forty one-inch balls. Place on an ungreased baking sheet.

Bake for 15 minutes. Drain on paper towels. Cool slightly.

Increase the oven temperature to 400 degrees.

To prepare the dough: In a bowl, combine the cheese, flour, butter, mustard and caraway seeds, if desired. Mix well.

Press two teaspoons of dough firmly around each sausage ball (the dough handles easiest when warm). Place the sausage balls on an ungreased baking sheet.

Bake for 15 minutes or until light golden.

Serve hot with spicy brown mustard for dipping, if desired. Refrigerate the leftovers.

Sausage balls may be prepared, covered and refrigerated after wrapping with dough, then baked just before serving. Or, sausage balls can be stored in a resealable plastic bag and frozen up to 1 month.

Per Serving (excluding unknown items): 2854 Calories; 195g Fat (61.2% calories from fat); 105g Protein; 173g Carbohydrate; 17g Dietary Fiber; 570mg Cholesterol; 5032mg Sodium. Exchanges: 9 1/2 Grain(Starch); 10 Lean Meat; 4 Vegetable; 31 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	2854	Vitamin B6 (mg):	.9mg
% Calories from Fat:	61.2%	Vitamin B12 (mcg):	4.9mcg
% Calories from Carbohydrates:	24.1%	Thiamin B1 (mg):	1.6mg
% Calories from Protein:	14.7%	Riboflavin B2 (mg):	2.1mg
Total Fat (g):	195g	Folacin (mcg):	423mcg
Saturated Fat (g):	122g	Niacin (mg):	12mg
Monounsaturated Fat (g):	54g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	8g	Alcohol (kcal):	0
Cholesterol (mg):	570mg	% Daily Value:	n n%
Carbohydrate (g):	173g	Food Exchanges	
Dietary Fiber (g):	17g	Grain (Starch):	9 1/2
Protein (g):	105g	Lean Meat:	10
Sodium (mg):	5032mg	Vegetable:	4
Potassium (mg):	1354mg	Fruit:	0
Calcium (mg):	2928mg	Non-Fat Milk:	0
Iron (mg):	16mg	Fat:	31 1/2
Zinc (mg):	13mg	Other Carbohydrates:	0
Vitamin C (mg):	69mg		
Vitamin A (i.u.):	6815IU		
Vitamin A (r.e.):	1802 1/2RE		

Nutrition Facts

Amount Per Serving

Calories 2854 Calories from Fat: 1747

% Daily Values*

Total Fat	195g	300%
Saturated Fat	122g	612%
Cholesterol	570mg	190%
Sodium	5032mg	210%
Total Carbohydrates	173g	58%
Dietary Fiber	17g	67%
Protein	105g	
Vitamin A		136%
Vitamin C		116%
Calcium		293%
Iron		91%

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