

Sausage Balls

"Fruits of the Spirit" (2001) - Ann Lazar
 Grapevine United Methodist Church - Port St. Lucie, FL

3 cups Bisquick® baking mix
 1 pound spicy bulk sausage
 1 package (8 ounce) sharp Cheddar
 cheese
 1/2 cup water

Preheat the oven to 350 degrees.

In a bowl, mix the Bisquick, sausage, cheese
 and water. Roll into one-inch balls.

Bake for 30 minutes.

Per Serving (excluding unknown
 items): 1897 Calories; 86g Fat
 (40.6% calories from fat); 52g
 Protein; 229g Carbohydrate; 9g
 Dietary Fiber; 119mg Cholesterol;
 4907mg Sodium. Exchanges: 15
 Grain(Starch); 4 Lean Meat; 14 Fat.

Appetizers

Per Serving Nutritional Analysis

| | | | |
|---------------------------------------|--------|-----------------------------|-------|
| Calories (kcal): | 1897 | Vitamin B6 (mg): | .1mg |
| % Calories from Fat: | 40.6% | Vitamin B12 (mcg): | .9mcg |
| % Calories from Carbohydrates: | 48.4% | Thiamin B1 (mg): | 1.3mg |
| % Calories from Protein: | 11.0% | Riboflavin B2 (mg): | 1.4mg |
| Total Fat (g): | 86g | Folacin (mcg): | 21mcg |
| Saturated Fat (g): | 24g | Niacin (mg): | trace |
| Monounsaturated Fat (g): | 11g | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | 1g | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 119mg | % Refuse: | 0.0% |
| Carbohydrate (g): | 229g | Food Exchanges | |
| Dietary Fiber (g): | 9g | Grain (Starch): | 15 |
| Protein (g): | 52g | Lean Meat: | 4 |
| Sodium (mg): | 4907mg | Vegetable: | 0 |
| Potassium (mg): | 706mg | Fruit: | 0 |
| Calcium (mg): | 1300mg | Non-Fat Milk: | 0 |
| Iron (mg): | 7mg | Fat: | 14 |
| Zinc (mg): | 4mg | Other Carbohydrates: | 0 |

Vitamin C (mg): 0mg
Vitamin A (i.u.): 1201IU
Vitamin A (r.e.): 360 1/2RE

Nutrition Facts

Amount Per Serving

Calories 1897 Calories from Fat: 770

% Daily Values*

| | | |
|----------------------------|--------|------|
| Total Fat | 86g | 132% |
| Saturated Fat | 24g | 120% |
| Cholesterol | 119mg | 40% |
| Sodium | 4907mg | 204% |
| Total Carbohydrates | 229g | 76% |
| Dietary Fiber | 9g | 37% |
| Protein | 52g | |
| <hr/> | | |
| Vitamin A | | 24% |
| Vitamin C | | 0% |
| Calcium | | 130% |
| Iron | | 41% |

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