



KETO SAUSAGE BALLS

These Keto Sausage Balls are just like grandma used to make. A great appetizer, breakfast, or snack; this is Southern finger food at its finest.

5 from 1 vote

Course: Appetizer, Snack Cuisine: American Keyword: gameday, keto, snack Prep Time: 5 minutes

Cook Time: 25 minutes Total Time: 30 minutes Servings: 14 (2 Sausage Balls Per Serving)

Calories: 232kcal

Ingredients

- 1 lb hot breakfast sausage we opt for pastured pork
- 1 1/2 cups almond flour
- 1 teaspoon baking powder
- 2 cups shredded sharp cheddar

Instructions

1. Preheat the oven to 350° F.
2. In a large bowl mix together all of the ingredients until combined. Divide the mixture into 28 balls and place in a 10.5" cast iron skillet (or baking sheet if you don't have a skillet) and bake for 25-30 minutes until the sausage balls are golden and cooked through.

Nutrition

Nutrition Facts	
Keto Sausage Balls	
Amount Per Serving	
Calories 232Calories from Fat 180	
% Daily Value*	
Fat 20g	31%
Saturated Fat 7g	44%
Cholesterol 40mg	13%
Sodium 307mg	13%
Potassium 125mg	4%
Carbohydrates 3g	1%
Fiber 1g	4%
Sugar 1g	1%
Protein 11g	22%
Vitamin A 186IU	4%
Vitamin C 1mg	1%
Calcium 157mg	16%
Iron 1mg	6%
*	

NUTRITIONAL VALUES ARE ESTIMATES ONLY AND DO NOT INCLUDE CARBS FROM SUGAR ALCOHOLS.