

Keto Sausage Balls Recipe {Low Carb}

You are going to fall in love with this Keto Sausage Balls Recipe. They are easy, cheesy, and delicious!



Prep Time
15 mins

Cook Time
17 mins

Total Time
32 mins



4.65 from 88 votes

Course: Appetizer, Breakfast, Snack Cuisine: American, casual Keyword: Keto Sausage Ball Recipe
Servings: 36 Calories: 89kcal Author: [Kasey Trenum](#)

Ingredients

- 1 lb breakfast sausage browned and drained (can use mild or hot)
- 4 1/2 tablespoons of butter melted and cooled
- 1/3 cup [coconut flour](#)
- 2 tablespoons full fat sour cream
- 4 eggs
- 1/4 teaspoon salt
- 1/4 teaspoon baking powder
- 2 cups sharp shredded cheddar cheese shredded

Instructions

1. Preheat oven to 365 degrees and grease a cookie sheet.
2. Combine melted butter (I cool mine by popping the bowl in the fridge for 5 min), eggs, salt, and sour cream, then whisk together.
3. Add [coconut flour](#) and baking powder to the mixture and stir until combined.
4. Add drained browned sausage.
5. Stir in cheese then refrigerate the batter for ten minutes.
6. Drop batter by tightly packed spoonfuls on greased cookie sheet. I made 36.
7. Bake for 15-18 minutes or until tops are slightly brown.

Nutrition

Calories: 89kcal | Carbohydrates: 0.6g | Protein: 4g | Fat: 7g | Fiber: 0.3g



Quick snack 3 per bag and take to GOLF for delicious treat