

# Baked Sauerkraut Balls

Yield: 75 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-sausage-and-sauerkraut-recipe>

## Ingredients:

- 1 tablespoon olive oil
- 3/4 pound spicy Italian sausage
- 1/3 cup white onion minced
- 1 cup flour
- 1/2 teaspoon salt
- 1/2 teaspoon dry mustard
- 1/2 teaspoon dried minced garlic
- 1/4 teaspoon red pepper flakes
- 1/4 teaspoon ground black pepper
- 1 cup milk
- 16 ounces sauerkraut drained with excess liquid squeezed out, finely chopped
- 1 egg beaten
- 1/2 cup milk
- 1/2 cup breadcrumbs
- nonstick cooking spray

## Nutrition:

1. Calories: 30 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 5 milligrams
4. Fat: 2 grams
5. Protein: 1 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 75 milligrams

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