



## Baked Scotch Eggs

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



494 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 lb sausage meat
- 1 teaspoon dehydrated onion dried minced
- 1 teaspoon salt
- 4 hardboiled eggs peeled
- 1 serving flour all-purpose
- 0.8 cup panko bread crumbs crispy
- 1 eggs beaten

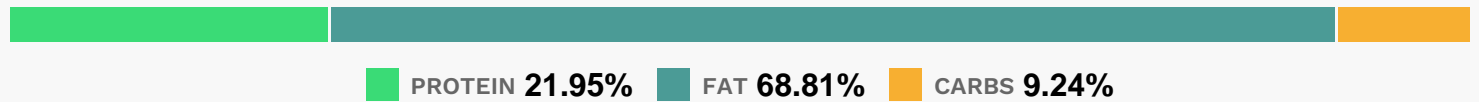
### Equipment

- bowl
- baking sheet
- oven

## Directions

- Heat oven to 400°F. In large bowl, mix pork sausage, onion and salt. Shape mixture into 4 equal patties.
- Roll each hard-cooked egg in flour to coat; place on sausage patty and shape sausage around egg. Dip each into beaten egg; coat with bread crumbs to cover completely.
- Place on ungreased cookie sheet.
- Bake 35 minutes or until sausage is thoroughly cooked and no longer pink near egg.

## Nutrition Facts



## Properties

Glycemic Index:25.75, Glycemic Load:1.04, Inflammation Score:-2, Nutrition Score:15.103478250296%

## Nutrients (% of daily need)

Calories: 493.52kcal (24.68%), Fat: 37.06g (57.01%), Saturated Fat: 12.09g (75.57%), Carbohydrates: 11.19g (3.73%), Net Carbohydrates: 10.52g (3.83%), Sugar: 1.76g (1.96%), Cholesterol: 309.07mg (103.02%), Sodium: 1462.85mg (63.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.59g (53.19%), Vitamin B1: 0.48mg (31.93%), Selenium: 22.31µg (31.87%), Vitamin B3: 6.24mg (31.21%), Vitamin B2: 0.5mg (29.47%), Phosphorus: 285.19mg (28.52%), Vitamin B12: 1.66µg (27.6%), Vitamin B6: 0.46mg (23.02%), Zinc: 3.33mg (22.19%), Vitamin D: 2.79µg (18.63%), Vitamin B5: 1.72mg (17.16%), Iron: 2.7mg (15%), Potassium: 403.57mg (11.53%), Folate: 45.82µg (11.45%), Vitamin A: 404.67IU (8.09%), Manganese: 0.16mg (7.83%), Magnesium: 28.59mg (7.15%), Calcium: 65.76mg (6.58%), Copper: 0.13mg (6.31%), Vitamin E: 0.86mg (5.72%), Fiber: 0.67g (2.68%), Vitamin C: 1.72mg (2.08%), Vitamin K: 1.43µg (1.36%)