



Cathy's Scotch Eggs

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



389 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons parsley dried
- ☐ 0.5 teaspoon sage dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1.5 cups bread crumbs dry
- ☐ 2 eggs lightly beaten
- ☐ 8 eggs peeled
- ☐ 0.5 cup flour all-purpose
- ☐ 1 pound sausage meat

- ☐ 8 servings optional: mustard
- ☐ 8 servings oil for frying
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup salt

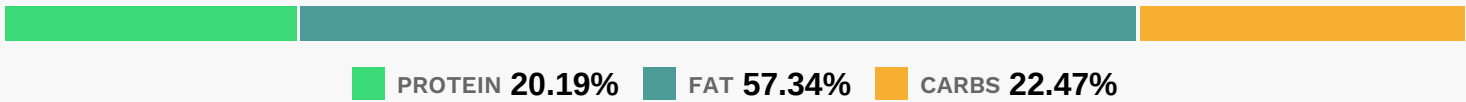
Equipment

- ☐ sauce pan

Directions

- ☐ Combine sausage and herbs; mix well. Divide into 8 patties.
- ☐ Cover each hard-boiled egg with a sausage patty, pressing to cover and seal.
- ☐ Combine flour, salt and pepper.
- ☐ Roll eggs in flour mixture, then in beaten eggs and bread crumbs.
- ☐ Heat one inch of oil in a saucepan over medium-high heat. Cook eggs, a few at a time, in hot oil for 10 minutes, or until golden on all sides.
- ☐ Drain; chill in refrigerator. Slice into halves or quarters.
- ☐ Serve chilled with mustard, if desired.

Nutrition Facts



Properties

Glycemic Index:20.88, Glycemic Load:4.34, Inflammation Score:-5, Nutrition Score:14.517391256664%

Flavonoids

Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg

Nutrients (% of daily need)

Calories: 389.05kcal (19.45%), Fat: 24.43g (37.58%), Saturated Fat: 7.19g (44.96%), Carbohydrates: 21.54g (7.18%), Net Carbohydrates: 20.02g (7.28%), Sugar: 1.59g (1.77%), Cholesterol: 245.42mg (81.81%), Sodium: 7717.73mg (335.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.35g (38.71%), Selenium: 26.43µg (37.76%),

Vitamin B1: 0.45mg (29.73%), Vitamin B2: 0.46mg (26.84%), Phosphorus: 235.1mg (23.51%), Vitamin B3: 4.59mg (22.97%), Iron: 3.27mg (18.15%), Manganese: 0.36mg (17.94%), Vitamin B12: 1.04µg (17.37%), Folate: 63.83µg (15.96%), Zinc: 2.37mg (15.8%), Vitamin B6: 0.3mg (15.18%), Vitamin B5: 1.39mg (13.91%), Vitamin D: 1.84µg (12.25%), Vitamin K: 11.9µg (11.33%), Calcium: 88.92mg (8.89%), Vitamin E: 1.26mg (8.43%), Potassium: 288.34mg (8.24%), Copper: 0.15mg (7.72%), Magnesium: 29.82mg (7.45%), Vitamin A: 355.85IU (7.12%), Fiber: 1.51g (6.05%), Vitamin C: 1.08mg (1.3%)