



Dirty Rice Scotch Eggs

READY IN



70 min.

SERVINGS



6

CALORIES



449 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup bell pepper finely chopped
- ☐ 1 teaspoon cajun spice
- ☐ 0.3 cup celery finely chopped
- ☐ 2.5 cups jasmine rice cooked
- ☐ 0.3 cup breadcrumbs dry fine
- ☐ 0.3 teaspoon mustard dry
- ☐ 2 large eggs
- ☐ 6 hard-cooked eggs
- ☐ 1 cup spicy sausage smoked finely chopped

- ☐ 0.3 cup onion sweet finely chopped
- ☐ 6 servings vegetable oil
- ☐ 1 tablespoon worcestershire sauce

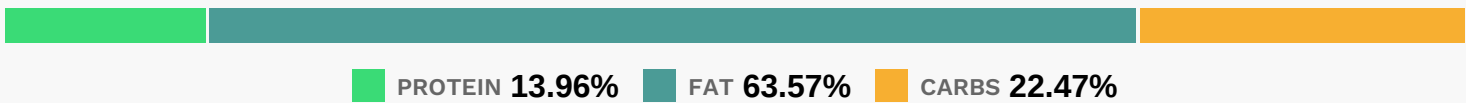
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ wire rack
- ☐ dutch oven

Directions

- ☐ Saut sausage in a large skillet over medium heat 3 to 4 minutes or until crisp.
- ☐ Add onion and next 2 ingredients; saut 3 to 4 minutes or until vegetables are tender.
- ☐ Remove from heat, and stir in rice and next 3 ingredients. Cool 30 minutes. Stir in 2 large eggs and breadcrumbs.
- ☐ Gently press rice mixture evenly around hard-cooked eggs to cover, using wet hands.
- ☐ Pour oil to depth of 2 inches into a Dutch oven; heat over medium heat to 36
- ☐ Fry eggs, in 3 batches, 3 minutes or until golden brown, turning often.
- ☐ Drain on a wire rack over paper towels.

Nutrition Facts



Properties

Glycemic Index:31.33, Glycemic Load:20.03, Inflammation Score:-5, Nutrition Score:14.143043642459%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg

0.08mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 449.21kcal (22.46%), Fat: 31.38g (48.27%), Saturated Fat: 7.86g (49.14%), Carbohydrates: 24.96g (8.32%), Net Carbohydrates: 24.11g (8.77%), Sugar: 1.91g (2.12%), Cholesterol: 275.13mg (91.71%), Sodium: 478.48mg (20.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.5g (31%), Selenium: 31.77µg (45.38%), Vitamin K: 28.1µg (26.76%), Vitamin B2: 0.44mg (25.89%), Vitamin B12: 1.29µg (21.42%), Manganese: 0.41mg (20.37%), Phosphorus: 202.72mg (20.27%), Vitamin A: 729.79IU (14.6%), Vitamin B5: 1.45mg (14.47%), Vitamin E: 2.08mg (13.86%), Vitamin B1: 0.2mg (13.64%), Zinc: 1.97mg (13.16%), Vitamin B6: 0.26mg (12.83%), Vitamin D: 1.85µg (12.31%), Folate: 44.55µg (11.14%), Vitamin C: 8.77mg (10.64%), Iron: 1.89mg (10.52%), Vitamin B3: 1.96mg (9.78%), Potassium: 251.59mg (7.19%), Magnesium: 24.41mg (6.1%), Calcium: 59.24mg (5.92%), Copper: 0.11mg (5.64%), Fiber: 0.85g (3.4%)