



Donna's Nest Eggs

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound sausage meat
- 6 hardboiled eggs peeled
- 0.5 cup milk
- 3 ounce frangelico (such as SHAKE-N-BAKE®)
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Equipment

- oven
- baking pan

ziploc bags

Directions

Preheat oven to 400 degrees F (200 degrees C).

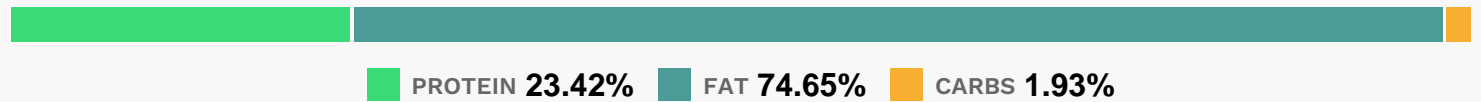
Pour milk into a shallow dish; empty the packet of seasoned coating into a large plastic zipper bag. Divide the pork sausage into 6 equal portions, and cover each egg completely with a layer of sausage.

Roll the sausage and egg balls in the milk, and place in the plastic bag. Seal the bag, and gently shake until balls are covered with seasoned coating.

Place the coated sausage and egg balls onto a rack over a baking dish.

Bake in the preheated oven until golden brown and slightly crisp, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:0.36, Inflammation Score:-2, Nutrition Score:9.9473913130553%

Nutrients (% of daily need)

Calories: 319.52kcal (15.98%), Fat: 26.01g (40.02%), Saturated Fat: 8.66g (54.13%), Carbohydrates: 1.51g (0.5%), Net Carbohydrates: 1.51g (0.55%), Sugar: 1.54g (1.71%), Cholesterol: 243.37mg (81.12%), Sodium: 550.53mg (23.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.36g (36.73%), Selenium: 15.79µg (22.55%), Vitamin B2: 0.38mg (22.16%), Vitamin B12: 1.31µg (21.79%), Phosphorus: 208.6mg (20.86%), Vitamin B3: 3.61mg (18.04%), Vitamin B1: 0.25mg (16.82%), Vitamin D: 2.31µg (15.38%), Vitamin B6: 0.3mg (15.21%), Zinc: 2.25mg (14.99%), Vitamin B5: 1.28mg (12.82%), Potassium: 280.98mg (8.03%), Iron: 1.43mg (7.97%), Vitamin A: 349.64IU (6.99%), Folate: 22.76µg (5.69%), Calcium: 56.81mg (5.68%), Magnesium: 18.02mg (4.51%), Vitamin E: 0.67mg (4.46%), Copper: 0.06mg (2.83%)