

Toads in the Hole II

READY IN



45 min.

SERVINGS



4

CALORIES



926 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 eggs
- 1.3 cups flour all-purpose
- 0.7 cup milk
- 1 tablespoon olive oil
- 8 links pork sausage
- 4 servings salt and pepper to taste
- 0.5 cup water cold

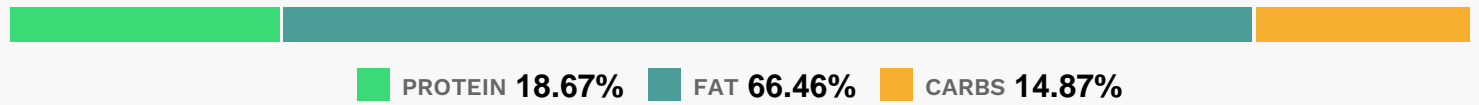
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Spread oil in the bottom of a 9 inch square baking dish. Sift flour into a medium bowl, then beat in eggs. Gradually stir in milk, water, salt and pepper. Beat well.
- Place sausages in baking dish and pour batter mixture over all.
- Bake in the preheated oven for 25 to 30 minutes, or until golden and risen.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:23.72, Inflammation Score:-4, Nutrition Score:23.793043048485%

Nutrients (% of daily need)

Calories: 925.51kcal (46.28%), Fat: 67.26g (103.48%), Saturated Fat: 21.87g (136.7%), Carbohydrates: 33.85g (11.28%), Net Carbohydrates: 32.73g (11.9%), Sugar: 2.15g (2.39%), Cholesterol: 249.44mg (83.15%), Sodium: 1680.23mg (73.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.51g (85.03%), Vitamin B3: 13.15mg (65.74%), Vitamin B1: 0.98mg (65.34%), Phosphorus: 434.73mg (43.47%), Vitamin B12: 2.34µg (38.94%), Vitamin B6: 0.77mg (38.6%), Zinc: 5.65mg (37.67%), Vitamin B2: 0.64mg (37.54%), Selenium: 21.65µg (30.93%), Iron: 4.85mg (26.93%), Vitamin D: 3.83µg (25.5%), Folate: 88.85µg (22.21%), Vitamin B5: 2.19mg (21.88%), Potassium: 696.5mg (19.9%), Manganese: 0.3mg (15.19%), Magnesium: 48.63mg (12.16%), Copper: 0.23mg (11.51%), Calcium: 89.97mg (9%), Vitamin E: 1.21mg (8.06%), Vitamin A: 354.18IU (7.08%), Fiber: 1.13g (4.5%), Vitamin K: 3.32µg (3.17%), Vitamin C: 1.58mg (1.92%)