



## Fried Olives Stuffed with Spicy Lamb Sausage

 Dairy Free

READY IN



28 min.

SERVINGS



8

CALORIES



234 kcal

SIDE DISH

### Ingredients

- 8 servings canola oil
- 1 large eggs lightly beaten
- 1 cup flour all-purpose
- 8 servings spicy lamb sausage
- 16 large queen olives
- 1 cup panko bread crumbs (Japanese breadcrumbs)

### Equipment

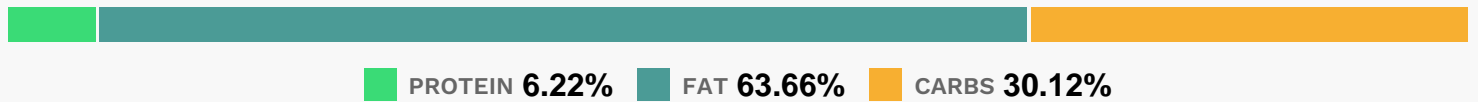
- bowl

- paper towels
- whisk
- dutch oven

## Directions

- Slice olives open lengthwise almost all the way, leaving bottom end attached. Stuff each olive with 1 rounded teaspoon Spicy Lamb Sausage. (Olive won't close all the way around filling.)
- Whisk together egg and 1 tablespoon water in a small bowl. Dredge olives in flour, dip in egg mixture, and dredge in panko.
- Pour oil to a depth of 2 inches into a Dutch oven; heat to 35
- Fry olives, in batches, 3 minutes or until golden; drain on paper towels.

## Nutrition Facts



## Properties

Glycemic Index:9.38, Glycemic Load:8.63, Inflammation Score:-2, Nutrition Score:5.4004347557607%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

## Nutrients (% of daily need)

Calories: 233.62kcal (11.68%), Fat: 16.6g (25.54%), Saturated Fat: 1.6g (10.03%), Carbohydrates: 17.67g (5.89%), Net Carbohydrates: 16.65g (6.05%), Sugar: 0.57g (0.64%), Cholesterol: 23.98mg (7.99%), Sodium: 189.48mg (8.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.3%), Vitamin E: 2.84mg (18.92%), Selenium: 9.37µg (13.38%), Vitamin B1: 0.2mg (13.36%), Vitamin K: 10.69µg (10.18%), Folate: 39.98µg (9.99%), Manganese: 0.18mg (8.87%), Vitamin B2: 0.14mg (8.15%), Vitamin B3: 1.5mg (7.52%), Iron: 1.25mg (6.95%), Phosphorus: 43.51mg (4.35%), Fiber: 1.02g (4.09%), Copper: 0.06mg (2.84%), Calcium: 23.89mg (2.39%), Zinc: 0.34mg (2.24%), Vitamin B5: 0.21mg (2.14%), Magnesium: 8.5mg (2.13%), Vitamin B12: 0.1µg (1.75%), Vitamin B6: 0.03mg (1.52%), Potassium: 45.62mg (1.3%), Vitamin A: 65.19IU (1.3%)