



Herby toad in the hole

 Popular

READY IN



50 min.

SERVINGS



4

CALORIES



800 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 140 g flour plain
- ☐ 3 eggs
- ☐ 300 ml milk
- ☐ 2 tsp dijon mustard
- ☐ 2 tbsp vegetable oil
- ☐ 8 sausage
- ☐ 8 sage
- ☐ 4 rosemary

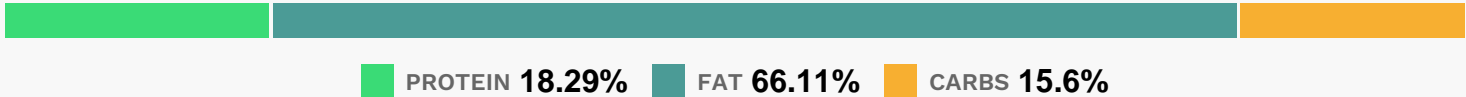
Equipment

- ☐ food processor
- ☐ oven

Directions

- ☐ Heat oven to 240C/220C fan/gas
- ☐ In a food processor, combine the flour, eggs, milk, mustard and some salt and pepper, blitz until smooth, then leave to rest for 30 mins.
- ☐ Pour the oil into a metal roasting tin about 30 x 23cm and 7.5cm deep.
- ☐ Brush the oil all over the sides and bottom, then place in the oven. When the roasting tin is very hot and smoking, place the sausages inside, evenly spread out, and cook for 5 mins.
- ☐ Give the rested batter a stir and pour into the really hot tin take care as it may spit. Quickly sprinkle over the sage leaves and rosemary, then place in the middle of the oven. Do not open the door for 25 mins, then check if needed, cook for a further 5–10 mins. Cook until puffed up and brown and the batter is completely cooked through.
- ☐ Serve straight from the dish.

Nutrition Facts



Properties

Glycemic Index:60.75, Glycemic Load:20.72, Inflammation Score:-5, Nutrition Score:22.709130401197%

Nutrients (% of daily need)

Calories: 799.89kcal (39.99%), Fat: 57.96g (89.17%), Saturated Fat: 18.53g (115.83%), Carbohydrates: 30.77g (10.26%), Net Carbohydrates: 29.67g (10.79%), Sugar: 3.97g (4.41%), Cholesterol: 254.44mg (84.81%), Sodium: 1185.71mg (51.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.08g (72.16%), Vitamin B1: 0.8mg (53.62%), Vitamin B3: 10.18mg (50.91%), Phosphorus: 413.56mg (41.36%), Vitamin B2: 0.64mg (37.65%), Vitamin B12: 2.16µg (35.94%), Selenium: 24.32µg (34.74%), Vitamin B6: 0.64mg (32.12%), Zinc: 4.7mg (31.32%), Vitamin D: 3.72µg (24.81%), Iron: 4.17mg (23.16%), Copper: 0.44mg (21.78%), Vitamin B5: 2.1mg (20.96%), Folate: 81.74µg (20.44%), Potassium: 625.67mg (17.88%), Manganese: 0.28mg (14%), Calcium: 137.56mg (13.76%), Vitamin K: 13.66µg (13.01%), Magnesium: 46.3mg (11.57%), Vitamin A: 435.91IU (8.72%), Vitamin E: 1.29mg (8.63%), Fiber: 1.1g (4.4%), Vitamin C: 1.26mg (1.53%)