



## Scotch Egg

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



533 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.8 cup diestel breakfast sausage fresh (if necessary)
- 1 cup oatmeal cornflakes crushed finely
- 6 large eggs
- 1 cup flour all-purpose
- 4 servings pepper freshly ground
- 4 servings mustard
- 4 servings vegetable oil for frying

## Equipment

- bowl
- whisk
- pot
- slotted spoon

## Directions

- Place 4 eggs in a small saucepan; add cold water to cover. Bring to a boil; remove from heat, cover, and let stand for 3 minutes. Carefully drain, then fill pan with ice water to cool eggs. Gently crack shells and carefully peel under cold running water.
- Place eggs in a bowl of cold water; cover and chill until cold. DO AHEAD: Can be made 1 day ahead. Keep chilled.
- Place flour in a wide shallow bowl and crushed corn flakes in another wide shallow bowl. Divide sausage into 4 equal portions. Pat 1 portion of sausage into a thin patty over the length of your palm.
- Lay 1 soft-boiled egg on top of sausage and wrap sausage around egg, sealing to completely enclose. Repeat with remaining sausage and eggs.
- Whisk remaining 2 eggs in a medium bowl to blend. Working gently with 1 sausage wrapped egg at a time, dip eggs into flour, shaking off excess, then coat in egg wash.
- Roll in corn flakes to coat. DO AHEAD: Can be made 1 day ahead. Keep refrigerated, uncovered.
- Attach a deep-fry thermometer to side of a large heavy pot.
- Pour in oil to a depth of 2" and heat over medium heat to 375°F. Fry eggs, turning occasionally and maintaining oil temperature of 350°F, until sausage is cooked through and breading is golden brown and crisp, 5–6 minutes. Use a slotted spoon to transfer eggs to paper towels to drain. Season lightly with salt and pepper.
- Serve warm with mustard.

## Nutrition Facts



## Properties

Glycemic Index: 41.75, Glycemic Load: 17.28, Inflammation Score: -9, Nutrition Score: 34.857391958651%

## Nutrients (% of daily need)

Calories: 533.17kcal (26.66%), Fat: 17.01g (26.18%), Saturated Fat: 5.02g (31.35%), Carbohydrates: 74.46g (24.82%), Net Carbohydrates: 71.42g (25.97%), Sugar: 6.05g (6.72%), Cholesterol: 296.28mg (98.76%), Sodium: 745.97mg (32.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.96g (41.92%), Iron: 20.21mg (112.29%), Vitamin B2: 1.43mg (84.05%), Vitamin B1: 1.14mg (76.23%), Folate: 304.2µg (76.05%), Vitamin B3: 13.65mg (68.23%), Vitamin B6: 1.28mg (63.86%), Vitamin B12: 3.83µg (63.81%), Selenium: 40.23µg (57.48%), Vitamin A: 1483.46IU (29.67%), Phosphorus: 280.54mg (28.05%), Vitamin D: 3.94µg (26.28%), Manganese: 0.37mg (18.41%), Vitamin B5: 1.6mg (16%), Zinc: 2.33mg (15.54%), Vitamin C: 12.61mg (15.28%), Fiber: 3.04g (12.14%), Copper: 0.24mg (11.85%), Magnesium: 44.87mg (11.22%), Potassium: 304.65mg (8.7%), Vitamin E: 1.17mg (7.8%), Calcium: 55.4mg (5.54%), Vitamin K: 5.8µg (5.53%)