



Scotch Egg

 Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



651 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

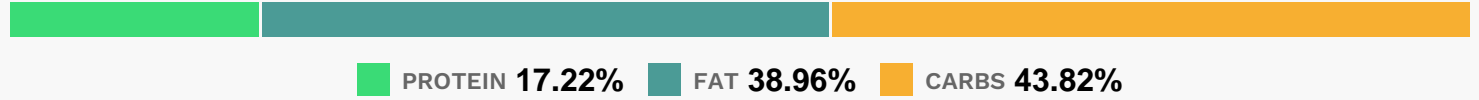
- 2 cups flour
- 2 cups breadcrumbs dried
- 1 eggs boiled for coating (not
- 300 g sausage meat
- 5 hardboiled eggs
- 5 servings cooking oil for deep frying
- 1 pinch pepper dry
- 0.5 teaspoon salt

1 bouillon cubes

3 cups water

Equipment

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:27.61, Inflammation Score:-6, Nutrition Score:23.359130434783%

Taste

Sweetness: 23.59%, Saltiness: 100%, Sourness: 20.53%, Bitterness: 44.66%, Savoriness: 52.61%, Fattiness: 95.95%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 651.29kcal (32.56%), Fat: 27.67g (42.57%), Saturated Fat: 8.01g (50.04%), Carbohydrates: 70.02g (23.34%), Net Carbohydrates: 66.72g (24.26%), Sugar: 3.52g (3.91%), Cholesterol: 262.47mg (87.49%), Sodium: 1204.97mg (52.39%), Protein: 27.53g (55.05%), Vitamin B1: 1.01mg (67.56%), Selenium: 46.16µg (65.94%), Vitamin B2: 0.79mg (46.65%), Vitamin B3: 8.7mg (43.52%), Folate: 164.72µg (41.18%), Manganese: 0.76mg (38.14%), Iron: 5.84mg (32.46%), Phosphorus: 311.54mg (31.15%), Vitamin B12: 1.3µg (21.71%), Zinc: 2.93mg (19.56%), Vitamin B5: 1.7mg (16.97%), Vitamin B6: 0.34mg (16.75%), Vitamin D: 2.06µg (13.71%), Fiber: 3.3g (13.2%), Copper: 0.26mg (12.89%), Calcium: 126.86mg (12.69%), Magnesium: 45.89mg (11.47%), Potassium: 365.65mg (10.45%), Vitamin E: 1.28mg (8.51%), Vitamin A: 352.64IU (7.05%), Vitamin K: 5.45µg (5.19%)