



Scotch Eggs

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



704 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 eggs beaten
- 1 pound pork sausage
- 2 cups seasoned bread crumbs
- 1 quart vegetable oil for frying

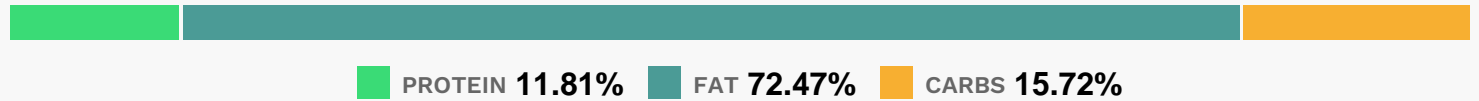
Equipment

- frying pan
- sauce pan

Directions

- Place eggs in saucepan and cover with water. Bring to boil. Cover, remove from heat, and let eggs sit in hot water for 10 to 12 minutes.
- Remove from hot water and cool; peel.
- In a large deep skillet heat about 1 inch of vegetable oil until hot.
- Place whole boiled eggs on top of sausage patty.
- Roll to form ball around the egg. Dip in beaten egg wash, then seasoned breadcrumbs. Deep fry in hot vegetable oil until meat is fully cooked.
- Drain and serve hot.

Nutrition Facts



Properties

Glycemic Index:4.67, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:18.156086911326%

Nutrients (% of daily need)

Calories: 703.83kcal (35.19%), Fat: 56.58g (87.05%), Saturated Fat: 12.94g (80.84%), Carbohydrates: 27.61g (9.2%), Net Carbohydrates: 25.65g (9.33%), Sugar: 2.4g (2.67%), Cholesterol: 163.95mg (54.65%), Sodium: 1056.86mg (45.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.76g (41.51%), Vitamin K: 76.8µg (73.14%), Vitamin B1: 0.6mg (40.27%), Vitamin B3: 6.04mg (30.21%), Selenium: 18.89µg (26.98%), Phosphorus: 230.94mg (23.09%), Vitamin B2: 0.39mg (23.08%), Vitamin E: 3.14mg (20.91%), Manganese: 0.41mg (20.28%), Iron: 3.33mg (18.48%), Vitamin B6: 0.35mg (17.48%), Vitamin B12: 1.04µg (17.39%), Zinc: 2.59mg (17.27%), Folate: 62.14µg (15.54%), Vitamin B5: 1.21mg (12.06%), Vitamin D: 1.57µg (10.46%), Calcium: 96.03mg (9.6%), Potassium: 320.36mg (9.15%), Copper: 0.17mg (8.43%), Magnesium: 32.5mg (8.13%), Fiber: 1.96g (7.84%), Vitamin A: 292.3IU (5.85%), Vitamin C: 1.61mg (1.95%)