



Scotch Eggs

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



244 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup breadcrumbs dry fine
- 1 eggs beaten
- 6 hard-cooked eggs
- 0.3 cup milk
- 0.5 teaspoon mustard prepared
- 0.1 teaspoon bell pepper red
- 6 servings vegetable oil

Equipment

- paper towels
- mixing bowl
- plastic wrap

Directions

- Combine ham, breadcrumbs, milk, mustard, pepper, and beaten egg in a small mixing bowl; stir until well blended. Cover with plastic wrap, and chill 15 minutes. Pat ham mixture evenly around each hard cooked egg. Cover with plastic wrap, and chill 1 hour.
- Using a frying basket, fry 2 eggs at a time in deep, hot oil (35
- for 2 minutes or until lightly browned.
- Drain well on paper towels.
- Serve immediately.

Nutrition Facts

PROTEIN 13.94% **FAT 76.86%** **CARBS 9.2%**

Properties

Glycemic Index:17, Glycemic Load:0.24, Inflammation Score:-2, Nutrition Score:7.9756522450758%

Nutrients (% of daily need)

Calories: 243.86kcal (12.19%), Fat: 20.77g (31.95%), Saturated Fat: 4.32g (27.02%), Carbohydrates: 5.59g (1.86%), Net Carbohydrates: 5.3g (1.93%), Sugar: 1.62g (1.8%), Cholesterol: 215.41mg (71.8%), Sodium: 126.07mg (5.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.48g (16.96%), Selenium: 19.56µg (27.95%), Vitamin K: 26.37µg (25.11%), Vitamin B2: 0.33mg (19.6%), Phosphorus: 124.59mg (12.46%), Vitamin B12: 0.71µg (11.91%), Vitamin E: 1.75mg (11.68%), Vitamin D: 1.4µg (9.31%), Vitamin B5: 0.9mg (8.97%), Folate: 31.94µg (7.99%), Vitamin B1: 0.1mg (6.83%), Vitamin A: 325.07IU (6.5%), Calcium: 57.03mg (5.7%), Iron: 1.02mg (5.68%), Zinc: 0.77mg (5.1%), Vitamin B6: 0.09mg (4.45%), Manganese: 0.07mg (3.63%), Potassium: 106.06mg (3.03%), Magnesium: 10.3mg (2.57%), Vitamin B3: 0.45mg (2.27%), Copper: 0.03mg (1.38%), Fiber: 0.29g (1.16%)