



## Scotch Eggs

READY IN



45 min.

SERVINGS



4

CALORIES



439 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 12 asparagus spears fresh
- 2 large baking potatoes peeled cut into 1-inch cubes
- 0.5 cup round buttery cracker crumbs reduced-fat
- 0.3 cup nonfat cream cheese
- 1 egg white lightly beaten
- 2 teaspoons chives fresh minced
- 2 tablespoons green onions minced
- 3 hard-cooked eggs
- 2 tablespoons horseradish prepared

- 0.3 cup mayonnaise reduced-calorie
- 0.5 cup nonfat cream sour
- 1 Dash pepper
- 8 romaine lettuce leaves
- 0.3 teaspoon salt
- 3 tablespoons skim milk

## Equipment

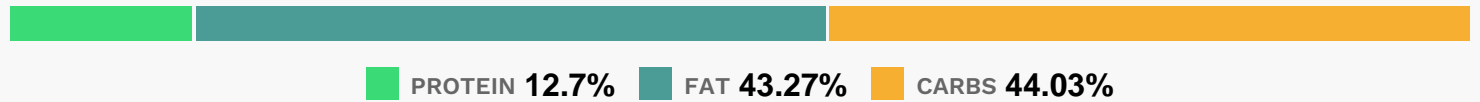
- bowl
- baking sheet
- oven
- knife
- hand mixer
- peeler
- steamer basket

## Directions

- Cook potato in boiling water to cover 15 minutes or until tender; drain.
- Transfer to a bowl; beat potato at medium speed of an electric mixer until smooth.
- Add cream cheese and next 4 ingredients; beat well.
- Cut hard-cooked eggs into quarters. Shape 1/4 cup potato mixture around each egg quarter to form an egg shape.
- Brush each with egg white; roll in cracker crumbs.
- Place on a baking sheet coated with cooking spray.
- Bake at 400 for 5 minutes or until browned.
- Snap off tough ends of asparagus.
- Remove scales from stalks with a knife or vegetable peeler, if desired. Arrange asparagus in a steamer basket over boiling water. Cover; steam 7 minutes or until crisp-tender.
- Drain.

- Combine sour cream and next 3 ingredients; stir. To serve, arrange 3 asparagus spears and 3 baked egg quarters on each of 4 lettuce-lined serving plates. Top each serving with 3 tablespoons sour cream mixture.
- Garnish with chopped fresh chives, if desired.

## Nutrition Facts



### Properties

Glycemic Index:92.75, Glycemic Load:27.19, Inflammation Score:-10, Nutrition Score:27.663478229357%

### Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Quercetin: 8.29mg, Quercetin: 8.29mg, Quercetin: 8.29mg, Quercetin: 8.29mg

### Nutrients (% of daily need)

Calories: 438.53kcal (21.93%), Fat: 21.53g (33.12%), Saturated Fat: 6.24g (39.01%), Carbohydrates: 49.29g (16.43%), Net Carbohydrates: 44.19g (16.07%), Sugar: 5.77g (6.41%), Cholesterol: 163.01mg (54.34%), Sodium: 495.71mg (21.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.22g (28.43%), Vitamin A: 5785.19IU (115.7%), Vitamin K: 115.08µg (109.6%), Folate: 161.24µg (40.31%), Vitamin B6: 0.8mg (40.07%), Potassium: 1179.02mg (33.69%), Vitamin B2: 0.51mg (29.95%), Phosphorus: 290.57mg (29.06%), Selenium: 18.99µg (27.12%), Manganese: 0.53mg (26.3%), Vitamin B1: 0.34mg (22.91%), Iron: 4.08mg (22.65%), Vitamin C: 18.17mg (22.02%), Fiber: 5.1g (20.4%), Magnesium: 71.52mg (17.88%), Copper: 0.34mg (17.08%), Calcium: 157.5mg (15.75%), Vitamin B3: 3.05mg (15.23%), Vitamin B5: 1.49mg (14.89%), Vitamin E: 1.88mg (12.54%), Zinc: 1.73mg (11.52%), Vitamin B12: 0.62µg (10.38%), Vitamin D: 0.98µg (6.51%)