



## Scotch Eggs

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



328 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 lb sausage meat
- 0.5 teaspoon mustard yellow
- 6 hardboiled eggs peeled
- 1 serving canola oil for deep-frying

## Equipment

- bowl
- paper towels
- sauce pan

## Directions

- In small bowl, stir together sausage and mustard. Divide mixture into 6 equal pieces. Flatten each into round 3 to 4 inches in diameter and 1/4 inch thick.
- Place 1 egg in center of each sausage round; fold sausage around egg to cover completely.
- In 3-quart heavy saucepan or deep-fat fryer, heat 3 inches oil to 350°F.
- Place sausage-wrapped eggs in hot oil; fry 3 to 5 minutes or until each side is golden brown.
- Drain on paper towel-lined plate.
- Serve warm or cold.

## Nutrition Facts

 **PROTEIN 21.97%**  **FAT 77.31%**  **CARBS 0.72%**

## Properties

Glycemic Index:10, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:9.5052174747638%

## Nutrients (% of daily need)

Calories: 328.2kcal (16.41%), Fat: 27.71g (42.63%), Saturated Fat: 8.46g (52.85%), Carbohydrates: 0.58g (0.19%), Net Carbohydrates: 0.56g (0.21%), Sugar: 0.57g (0.63%), Cholesterol: 240.93mg (80.31%), Sodium: 547.39mg (23.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.72g (35.43%), Selenium: 15.54µg (22.2%), Vitamin B2: 0.35mg (20.53%), Vitamin B12: 1.2µg (19.96%), Phosphorus: 188.51mg (18.85%), Vitamin B3: 3.59mg (17.95%), Vitamin B1: 0.24mg (16.11%), Vitamin B6: 0.29mg (14.61%), Zinc: 2.17mg (14.45%), Vitamin D: 2.08µg (13.89%), Vitamin B5: 1.21mg (12.08%), Iron: 1.44mg (8%), Potassium: 251.11mg (7.17%), Vitamin E: 1.07mg (7.12%), Vitamin A: 316.99IU (6.34%), Folate: 22.79µg (5.7%), Magnesium: 15.78mg (3.95%), Calcium: 32.07mg (3.21%), Copper: 0.06mg (2.84%), Vitamin K: 2.12µg (2.02%)