 3%
HEALTH SCORE

Scotch Eggs

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



296 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound sausage meat
- 1 cup breadcrumbs
- 9 eggs

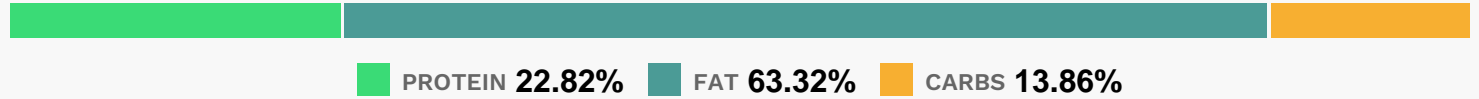
Equipment

- baking sheet
- oven

Directions

□ Divide sausage into 8 portions. On a lightly crumb sprinkled surface, pat out each portion to about 1/8 inch thickness. Wrap 1 sausage portion completely around 1 hard boiled egg, pressing edges together to seal. Repeat with remaining sausage and hard boiled eggs. Dip sausage-covered eggs in 1 beaten egg and then roll in breadcrumbs. Deep fry or place on baking sheet and bake in a 375 degree oven for 20 minutes until lightly browned.

Nutrition Facts



Properties

Glycemic Index:3.5, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:10.365652173913%

Taste

Sweetness: 25.6%, Saltiness: 100%, Sourness: 11.17%, Bitterness: 9.75%, Savoriness: 63.78%, Fattiness: 77.67%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 296.48kcal (14.82%), Fat: 20.47g (31.48%), Saturated Fat: 6.7g (41.87%), Carbohydrates: 10.07g (3.36%), Net Carbohydrates: 9.47g (3.44%), Sugar: 1.02g (1.13%), Cholesterol: 224.96mg (74.99%), Sodium: 529.72mg (23.03%), Protein: 16.6g (33.19%), Selenium: 18.6µg (26.57%), Vitamin B2: 0.35mg (20.58%), Vitamin B1: 0.31mg (20.42%), Phosphorus: 196.83mg (19.68%), Vitamin B3: 3.6mg (18%), Vitamin B12: 0.97µg (16.16%), Zinc: 2.06mg (13.76%), Vitamin B6: 0.27mg (13.7%), Vitamin B5: 1.21mg (12.14%), Iron: 2.15mg (11.93%), Vitamin D: 1.73µg (11.51%), Folate: 38.28µg (9.57%), Manganese: 0.14mg (7.04%), Potassium: 235.38mg (6.73%), Vitamin A: 309.82IU (6.2%), Calcium: 57.53mg (5.75%), Copper: 0.11mg (5.37%), Magnesium: 19.68mg (4.92%), Vitamin E: 0.64mg (4.26%), Fiber: 0.61g (2.43%), Vitamin K: 1.27µg (1.21%)