



Scotch Eggs from Bob Evans®

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



292 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup asparagus finely chopped
- 2 cups cornflakes crushed
- 2 eggs beaten
- 8 hardboiled eggs peeled
- 1 pound sausage meat your favorite bob evans® (or flavor)

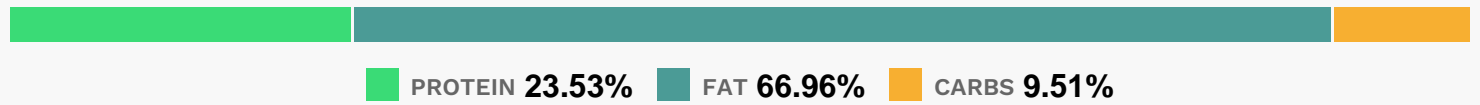
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 400 F.
- Mix sausage and asparagus until well blended. Divide into 8 portions. Flatten each piece in your palm and wrap around one egg to cover. Dip into beaten egg, then roll in cornflakes. Repeat for remaining eggs.
- Bake eggs on a rack set on a baking sheet for 25 to 30 minutes or until sausage is cooked through.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.05, Inflammation Score:-4, Nutrition Score:12.32000008355%

Flavonoids

Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 292.26kcal (14.61%), Fat: 21.43g (32.97%), Saturated Fat: 6.98g (43.6%), Carbohydrates: 6.85g (2.28%), Net Carbohydrates: 6.44g (2.34%), Sugar: 1.42g (1.58%), Cholesterol: 268.24mg (89.41%), Sodium: 489.42mg (21.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.94g (33.88%), Vitamin B2: 0.49mg (29.07%), Selenium: 19.55µg (27.93%), Vitamin B12: 1.48µg (24.75%), Vitamin B3: 4.04mg (20.21%), Iron: 3.62mg (20.11%), Vitamin B1: 0.3mg (19.94%), Phosphorus: 195.82mg (19.58%), Vitamin B6: 0.39mg (19.28%), Vitamin D: 2.31µg (15.39%), Folate: 57.08µg (14.27%), Zinc: 2.01mg (13.42%), Vitamin B5: 1.29mg (12.87%), Vitamin A: 550.26IU (11.01%), Potassium: 247.47mg (7.07%), Vitamin E: 0.84mg (5.61%), Magnesium: 18.16mg (4.54%), Copper: 0.08mg (4.08%), Calcium: 38.62mg (3.86%), Vitamin K: 3.89µg (3.71%), Vitamin C: 2.34mg (2.83%), Manganese: 0.04mg (2.2%), Fiber: 0.41g (1.63%)