



Scotch Eggs with Fresh Herbs

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



1062 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup flour
- ☐ 5 cups bread fresh french crustless
- ☐ 1 tablespoon dijon mustard
- ☐ 1 large eggs
- ☐ 3 tablespoons chives fresh minced
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 6 large hardboiled eggs peeled
- ☐ 1 pound sausage meat

☐ 6 servings vegetable oil for deep-frying

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Mix sausage, chives, and parsley in medium bowl to blend.
- ☐ Whisk egg and mustard in bowl to blend.
- ☐ Place breadcrumbs in large bowl.
- ☐ Place flour in another bowl.
- ☐ Roll 1 hard-boiled egg in flour. Using wet hands, press 1/3 cup sausage mixture around egg to coat.
- ☐ Brush egg with mustard mixture, then roll in breadcrumbs, covering completely and pressing to adhere.
- ☐ Place Scotch egg on plate. Repeat with remaining eggs. (Can be made 1 day ahead. Cover and refrigerate.)
- ☐ Add enough oil to heavy large saucepan to reach depth of 1 1/2 inches. Attach deep-fry thermometer and heat oil to 325°F.
- ☐ Add 3 prepared eggs to oil; fry until sausage is cooked through and coating is deep brown, about 6 minutes. Using slotted spoon, transfer eggs to paper towels to drain. Repeat with remaining 3 eggs.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:45.11, Glycemic Load:61.86, Inflammation Score:-8, Nutrition Score:40.588695816372%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 1061.73kcal (53.09%), Fat: 49.4g (76%), Saturated Fat: 12.1g (75.6%), Carbohydrates: 110.49g (36.83%), Net Carbohydrates: 101.83g (37.03%), Sugar: 12.02g (13.36%), Cholesterol: 271.93mg (90.64%), Sodium: 1516.27mg (65.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.21g (84.42%), Manganese: 2.53mg (126.53%), Selenium: 82.67µg (118.1%), Vitamin B1: 1.23mg (81.71%), Vitamin B3: 15.89mg (79.47%), Vitamin K: 71.98µg (68.55%), Folate: 237.17µg (59.29%), Vitamin B2: 0.99mg (58.35%), Iron: 9.83mg (54.64%), Phosphorus: 486.12mg (48.61%), Fiber: 8.66g (34.64%), Vitamin B5: 3.06mg (30.62%), Zinc: 4.52mg (30.1%), Calcium: 291.76mg (29.18%), Vitamin B6: 0.54mg (26.98%), Magnesium: 104.83mg (26.21%), Vitamin B12: 1.27µg (21.2%), Copper: 0.39mg (19.57%), Potassium: 581.54mg (16.62%), Vitamin E: 2.31mg (15.37%), Vitamin D: 2.25µg (15%), Vitamin A: 601.19IU (12.02%), Vitamin C: 4.47mg (5.41%)