



Scotch Eggs with Mustard Sauce

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



1155 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon marjoram dried
- 1 tablespoon parsley dried crushed
- 4 ounces bread crumbs dry
- 1 eggs beaten
- 6 eggs
- 0.3 teaspoon ground nutmeg
- 12 ounces sausage meat
- 2 teaspoons lemon zest grated

- 1 cup mayonnaise
- 2 quarts oil for deep frying
- 6 servings salt and pepper to taste
- 2 tablespoons sugar white
- 0.3 cup mustard yellow

Equipment

- bowl
- paper towels
- sauce pan
- slotted spoon

Directions

- To make the mustard sauce: Crack 1 egg into a small saucepan. With the heat on low, stir in mayonnaise, mustard and sugar. When it just starts to boil, it's done.
- Remove and let sit until cool, then chill for at least 10 minutes.
- Place 6 whole eggs in a saucepan and cover with cold water. Bring water to a boil and cook eggs for 10 to 12 minutes.
- Remove from hot water, cool, peel.
- Heat oil in deep-fryer to 375 degrees F (190 degrees C).
- Put the sausage into a bowl with the finely parsley, lemon rind, nutmeg, marjoram, salt and pepper. Work all the ingredients well into the sausage with your hands. Make a coating for each hand boiled egg out of the sausage, working it round the eggs with wet hands to form an even layer.
- Roll the covered eggs in beaten egg, and then in dried breadcrumbs.
- Carefully slide in 3 eggs and fry for 4 to 5 minutes, until they turn deep golden brown. Turn them as they cook so that they brown evenly.
- Remove with a slotted spoon, drain on paper towel, and repeat with the remaining 3 eggs.
- Serve eggs with mustard sauce.

Nutrition Facts

PROTEIN 6.36% FAT 87.09% CARBS 6.55%

Properties

Glycemic Index:41.68, Glycemic Load:2.95, Inflammation Score:-6, Nutrition Score:20.683912878451%

Flavonoids

Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg

Nutrients (% of daily need)

Calories: 1155.47kcal (57.77%), Fat: 112.36g (172.85%), Saturated Fat: 15.89g (99.28%), Carbohydrates: 19.04g (6.35%), Net Carbohydrates: 17.56g (6.39%), Sugar: 5.79g (6.43%), Cholesterol: 247.46mg (82.49%), Sodium: 1118.43mg (48.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.45g (36.9%), Vitamin K: 112.18µg (106.84%), Vitamin E: 13mg (86.63%), Selenium: 24.99µg (35.69%), Vitamin B1: 0.38mg (25.59%), Vitamin B2: 0.4mg (23.72%), Phosphorus: 230.14mg (23.01%), Vitamin B3: 4.05mg (20.27%), Vitamin B12: 1.05µg (17.5%), Zinc: 2.31mg (15.41%), Iron: 2.77mg (15.4%), Vitamin B6: 0.3mg (14.91%), Vitamin B5: 1.37mg (13.73%), Manganese: 0.27mg (13.64%), Vitamin D: 1.84µg (12.26%), Folate: 48.27µg (12.07%), Calcium: 83.05mg (8.3%), Potassium: 282.01mg (8.06%), Magnesium: 29.18mg (7.3%), Vitamin A: 358.58IU (7.17%), Copper: 0.14mg (7.09%), Fiber: 1.48g (5.9%), Vitamin C: 1.72mg (2.08%)