



Toad-in-the-Hole

READY IN

ready

50 min.

SERVINGS

servings

4

CALORIES

calories

789 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon kosher salt
- ☐ 1 cup milk
- ☐ 1.5 pounds spiral pork sausages sweet
- ☐ 1 tablespoon sugar
- ☐ 4 servings butter unsalted for brushing on skillet
- ☐ 1 tablespoon mustard yellow for serving
- ☐ 4 servings serving suggestions: mustards assorted

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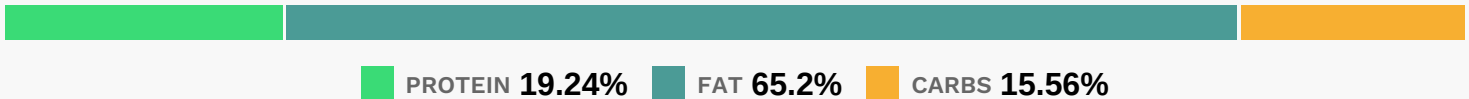
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat an oven to 400 degrees F.
- ☐ Lightly butter a medium well-seasoned cast iron skillet.
- ☐ Put the sausage in the skillet, and bake until almost cooked, about 15 minutes.
- ☐ Meanwhile, whisk the flour, sugar, and salt together in a medium bowl. In another bowl, whisk the eggs, milk, and mustard until blended.
- ☐ Whisk the liquid ingredients into the dry, just until you have a slightly lumpy thin batter.
- ☐ Carefully, pour the batter over the partially cooked sausages and continue to bake until the batter puffs and is crispy, and brown, about 25 to 30 minutes more.
- ☐ Serve the Toad-in-the-Hole, hot, in the skillet with more mustard on the side.

Nutrition Facts



Properties

Glycemic Index:60.77, Glycemic Load:20.44, Inflammation Score:-5, Nutrition Score:22.261304191921%

Nutrients (% of daily need)

Calories: 788.63kcal (39.43%), Fat: 56.33g (86.66%), Saturated Fat: 20.29g (126.8%), Carbohydrates: 30.25g (10.08%), Net Carbohydrates: 29.24g (10.63%), Sugar: 6.25g (6.95%), Cholesterol: 326.54mg (108.85%), Sodium: 1799.82mg (78.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.4g (74.8%), Vitamin B1: 0.77mg (51.64%), Vitamin B3: 9.97mg (49.85%), Phosphorus: 429.24mg (42.92%), Selenium: 28.45µg (40.64%), Vitamin B2: 0.68mg (39.96%), Vitamin B12: 2.23µg (37.15%), Vitamin B6: 0.66mg (32.96%), Zinc: 4.84mg (32.24%), Vitamin D: 3.96µg (26.38%), Iron: 4.28mg (23.78%), Vitamin B5: 2.29mg (22.89%), Folate: 82.8µg (20.7%), Potassium:

622.78mg (17.79%), Manganese: 0.26mg (12.78%), Calcium: 126.98mg (12.7%), Vitamin A: 624.01IU (12.48%),
Magnesium: 45.92mg (11.48%), Copper: 0.2mg (9.91%), Vitamin E: 1.03mg (6.84%), Fiber: 1g (4.02%), Vitamin C:
1.21mg (1.46%), Vitamin K: 1.51µg (1.44%)