

Toad in the Hole II

READY IN



50 min.

SERVINGS



4

CALORIES



1044 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 eggs
- 2 cups flour all-purpose
- 1 cup milk
- 8 links pork sausage
- 4 servings salt and pepper to taste
- 1 tablespoon vegetable oil

Equipment

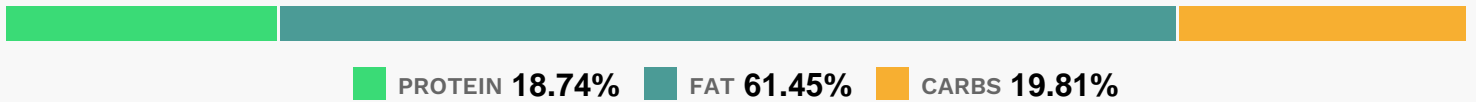
- bowl

- ladle
- oven
- whisk
- baking pan

Directions

- Preheat the oven to 400 degrees F (200 degrees C).
- Pour the oil into the bottom of a baking dish, and arrange the sausages over it in a single layer.
- Bake for 10 minutes in the preheated oven.
- Meanwhile, in a medium bowl, whisk together the flour, eggs, and half of the milk until smooth. Gradually mix in the rest of the milk until a smooth batter is achieved. Season with salt and pepper.
- Remove the sausages from the oven, and ladle the batter over them until the sausages are 3/4 covered. Return to the oven, and bake for 35 minutes, or until the center is risen and browned. Don't worry if the underside seems slightly soft, as this is normal.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:35.59, Inflammation Score:-6, Nutrition Score:29.418260859407%

Nutrients (% of daily need)

Calories: 1044.12kcal (52.21%), Fat: 70.11g (107.86%), Saturated Fat: 23.01g (143.79%), Carbohydrates: 50.86g (16.95%), Net Carbohydrates: 49.17g (17.88%), Sugar: 3.27g (3.63%), Cholesterol: 333.72mg (111.24%), Sodium: 1718.06mg (74.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.1g (96.21%), Vitamin B1: 1.16mg (77.59%), Vitamin B3: 14.42mg (72.08%), Phosphorus: 521.33mg (52.13%), Selenium: 35.85µg (51.22%), Vitamin B2: 0.87mg (51.16%), Vitamin B12: 2.64µg (44.03%), Vitamin B6: 0.83mg (41.55%), Zinc: 6.16mg (41.07%), Iron: 6.18mg (34.34%), Folate: 137.32µg (34.33%), Vitamin D: 4.49µg (29.93%), Vitamin B5: 2.69mg (26.92%), Manganese: 0.45mg (22.64%), Potassium: 779.61mg (22.27%), Magnesium: 57.99mg (14.5%), Copper: 0.27mg (13.58%), Calcium: 129.51mg (12.95%), Vitamin A: 505.92IU (10.12%), Vitamin E: 1.24mg (8.25%), Vitamin K: 7.66µg (7.29%), Fiber: 1.69g (6.75%), Vitamin C: 1.58mg (1.92%)