

DINNER

Toad in the Hole III

12 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
50 min	10 min	40 min	4	\$2.17	1,044 kcal



Toad in the Hole III requires about 50 minutes from start to finish. For \$2.17 per serving, you get a main course that serves 4. One portion of this dish contains approximately 48g of protein, 70g of fat, and a total of 1044 calories. This recipe from Allrecipes has 33 fans.

Ingredients

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

EQUIPMENT Bowl, Ladle, Oven, Whisk, Baking pan

Method

- 1 Preheat the oven to 400 degrees F (200 degrees C).

- 2 Pour the oil into the bottom of a baking dish, and arrange the sausages over it in a single layer.
- 3 Bake for 10 minutes in the preheated oven.
- 4 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.
- 5 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 per serving

1,044
KCAL

48 g
PROTEIN

70 g
FAT

51 g
CARBS

Saturated Fat	23 g · 144% of daily needs
Fibre	1.7 g · 7% of daily needs
Sugar	3.3 g · 4% of daily needs
Sodium	1,718 mg · 75% of daily needs
Cholesterol	334 mg · 111% of daily needs
Vitamin C	1.6 mg · 2% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/toad-in-the-hole-iii-142157