



Toad-In-The-Hole with Onion Sauce & Cherry Tomatoes

READY IN



60 min.

SERVINGS



4

CALORIES



297 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup chicken stock see
- ☐ 4 servings coarse salt and pepper freshly ground
- ☐ 1 tablespoon dijon mustard
- ☐ 2 large eggs
- ☐ 1 tablespoon flour all-purpose separated
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 1 cup milk
- ☐ 3 tablespoon butter unsalted

- ☐ 3 tablespoon vegetable oil
- ☐ 0.5 cup madiera wine
- ☐ 1 tablespoon worcestershire sauce

Equipment

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

Directions

- ☐ Melt the butter in a large cast-iron skillet over medium heat. Cook the onions, stirring, until golden, 10 to 15 minutes. Cover; cook over low heat to very low and continue to cook, stirring often until brown and jammy, about 25 minutes. Slowly add 1 tablespoon of the flour while stirring and then cook, stirring constantly for 2 minutes.
- ☐ Remove from heat; whisk in the wine, stock, and Worcestershire sauce. Bring to a boil. Reduce heat; simmer until thick, about 10 minutes. Season with salt and pepper. Turn off the heat and let it sit until serving at which time re-heat the sauce. Preheat the oven to 425°F. In a medium bowl, whisk together the eggs, milk, ½ cup water, and mustard; season with salt and pepper.
- ☐ Whisk in the remaining ½ cup flour.
- ☐ Let stand 20 minutes. Coat a 13 x 9-inch or 3 ½-quart baking dish with the oil; heat in the oven 10 or 15 minutes, until smoking hot.
- ☐ Remove from the oven.
- ☐ Pour the batter into the dish. Arrange the sausages on top; sprinkle with rosemary.
- ☐ Bake until puffed, 25 to 30 minutes.
- ☐ Serve immediately with gravy and some (optional) cherry tomatoes on the side.

Nutrition Facts



 PROTEIN **10.27%**  FAT **77.48%**  CARBS **12.25%**

Properties

Glycemic Index:40, Glycemic Load:2.25, Inflammation Score:-5, Nutrition Score:7.8252174180487%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 297.34kcal (14.87%), Fat: 23.94g (36.83%), Saturated Fat: 9.09g (56.78%), Carbohydrates: 8.52g (2.84%), Net Carbohydrates: 8.24g (2.99%), Sugar: 4.7g (5.22%), Cholesterol: 124.69mg (41.57%), Sodium: 437.59mg (19.03%), Alcohol: 3.12g (100%), Alcohol %: 1.9% (100%), Protein: 7.14g (14.29%), Vitamin K: 19.98µg (19.02%), Selenium: 12.25µg (17.5%), Vitamin B2: 0.28mg (16.35%), Phosphorus: 144.79mg (14.48%), Calcium: 104.65mg (10.46%), Vitamin A: 518.66IU (10.37%), Vitamin B12: 0.57µg (9.5%), Vitamin E: 1.41mg (9.38%), Vitamin D: 1.33µg (8.86%), Potassium: 266.23mg (7.61%), Vitamin B6: 0.14mg (6.9%), Vitamin B5: 0.66mg (6.57%), Vitamin B3: 1.25mg (6.26%), Vitamin B1: 0.09mg (6.14%), Iron: 1.09mg (6.03%), Zinc: 0.76mg (5.04%), Folate: 19.94µg (4.99%), Magnesium: 19.45mg (4.86%), Manganese: 0.08mg (4.04%), Copper: 0.07mg (3.52%), Fiber: 0.28g (1.13%)