

## Vegetarian Scotch Eggs

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



317 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 handfuls breadcrumbs fresh
- 1 chives fresh finely chopped
- 5 medium eggs
- 1 parsley fresh finely chopped
- 4 servings pepper black freshly ground
- 4 servings vegetable oil for frying

### Equipment

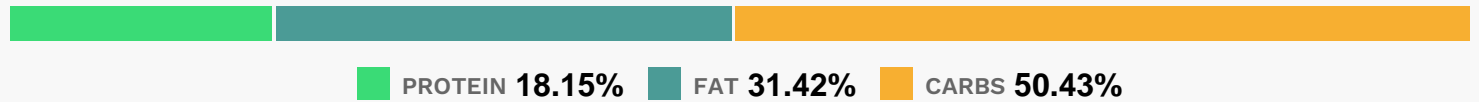
- frying pan

- oven
- whisk
- slotted spoon

## Directions

- Preheat the oven to 325F/170C.
- Place 4 of the eggs in a pan and cover completely with cold water. Bring to the boil then reduce the heat and simmer for 4 minutes. Cool in cold water before peeling.
- Whisk the remaining egg.
- Combine the chopped herbs with the breadcrumbs and season. Gently roll each boiled egg in flour, then the egg mixture then the breadcrumbs.
- Put the oil in a pan to a depth of 2 inches/5 cm and heat. Fry the eggs until golden, turning occasionally so as not to burn – about 2–3 minutes.
- Remove the eggs with a slotted spoon and place in the oven in an ovenproof dish to heat through for about 3–4 minutes.

## Nutrition Facts



## Properties

Glycemic Index: 27.25, Glycemic Load: 0.02, Inflammation Score: -4, Nutrition Score: 14.415652173913%

## Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 317.12kcal (15.86%), Fat: 10.9g (16.77%), Saturated Fat: 2.8g (17.5%), Carbohydrates: 39.36g (13.12%), Net Carbohydrates: 36.89g (13.41%), Sugar: 3.56g (3.95%), Cholesterol: 204.6mg (68.2%), Sodium: 473.55mg (20.59%), Protein: 14.17g (28.33%), Selenium: 30.5µg (43.57%), Vitamin B1: 0.54mg (36.31%), Vitamin B2: 0.47mg (27.63%), Manganese: 0.53mg (26.29%), Folate: 84.29µg (21.07%), Iron: 3.6mg (20%), Phosphorus: 198.45mg (19.84%), Vitamin B3: 3.63mg (18.15%), Calcium: 130.64mg (13.06%), Vitamin K: 13.67µg (13.02%), Vitamin B5: 1.14mg (11.44%),

Vitamin B12: 0.68µg (11.31%), Zinc: 1.5mg (9.99%), Fiber: 2.47g (9.88%), Copper: 0.18mg (8.97%), Vitamin B6: 0.16mg (7.99%), Magnesium: 30.22mg (7.56%), Vitamin D: 1.1µg (7.33%), Vitamin A: 329.49IU (6.59%), Vitamin E: 0.85mg (5.69%), Potassium: 185.19mg (5.29%)