

Scotch Egg

- 1 ½ pounds hot Italian sausage
- 8 large peeled hard-boiled eggs at room temperature
- 1 cup finely ground almonds (almond flour)



- 1 Preheat the oven to 350 F; line a shallow, rimmed baking sheet with foil. Spread the almond flour in a pie plate.
- 2 Using your hands, press the sausage around a hard-boiled egg until it is completely and evenly covered; roll it in the almond flour to coat it. Repeat with the remaining eggs. Roll the eggs once more in the remaining almond flour and place on the foil-lined baking sheet.
- 3 Bake the eggs until the outside is browned and the sausage is cooked through, 15 to 20 minutes. Remove from the oven and allow to rest for 5 minutes; slice in half and serve with mustard, horseradish or cocktail sauce.

Servings: 8

Degree of Difficulty

Degree of Difficulty: Easy

Source

Author: Janis Smyth
Source: Jan's Sushi Bar
Web Page: www.janssushibar.com

Nutrition Facts

Serving size: 1/8 of a recipe (5.2 ounces).
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	440.05
Calories From Fat (77%)	337.41
Calories From Protein (20%)	87.98
Calories From Carbohydrates (3%)	14.67
Calories From Alcohol (0%)	0
% Daily Value	
Total Fat 37.82g	58%
Saturated Fat 11.66g	58%
Monounsaturated Fat 17.9g	
Polyunsaturated Fat 5.57g	
Trans Fatty Acids 0g	
Cholesterol 251.14mg	84%
Sodium 683.83mg	28%
Potassium 361.9mg	10%
Total Carbohydrates 3.69g	1%
Fiber 1.45g	6%
Sugar 1.02g	
Net Carbohydrates 2.24g	

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Protein 20.93g	42%
Vitamin A 260.12IU	5%
Vitamin C 1.7mg	3%
Calcium 71.66mg	7%
Iron 2.04mg	11%
Vitamin E 3.63mg	36%
Vitamin D 43.5IU	11%
Thiamin 0.54mg	36%
Riboflavin 0.52mg	31%
Niacin 3.2mg	16%
Vitamin B6 0.33mg	17%
Folate 34.74mcg	9%
Vitamin B12 1.33mcg	22%
Pantothenic Acid 1.19mg	12%
Vitamin K 0.15mcg	<1%
Phosphorus 264.25mg	26%
Magnesium 48.73mg	12%
Zinc 2.41mg	16%
Copper 0.19mg	10%
Manganese 0.33mg	17%
Selenium 36.79mcg	53%
Alcohol 0g	
Caffeine 0mg	
Water 81.31g	