

Scotch Egg

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-scotch-egg-recipe>

Ingredients:

- 7 large free range eggs
- 1 pound ground pork sausage
- 2 dashes worcestershire sauce
- 1/2 teaspoon freshly ground black pepper
- 1 cup breadcrumbs
- canola oil for frying
- mayonnaise to garnish, optional

Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 455 milligrams
4. Fat: 40 grams
5. Fiber: 1 grams
6. Protein: 33 grams
7. SaturatedFat: 13 grams
8. Sodium: 410 milligrams
9. Sugar: 2 grams

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