



Categories: Family Friendly. Keto. Low Carb.

Scotch Eggs

Yield: 12

Prep time: 15 minutes

Total time: 35 minutes

Ingredients

12 large hard-boiled eggs, cooled and peeled

2 pounds ground pork

2 teaspoons dried sage

1 teaspoon fennel seed

½ teaspoon nutmeg

¼ teaspoon dried marjoram

2 teaspoons sea salt

1 teaspoon black pepper

1 tablespoon Kerrygold salted butter

Directions

Preheat oven to 350 degrees F. Line 2 rimmed baking sheets with parchment paper. In a large bowl, combine pork, sage, fennel seed, nutmeg, marjoram, salt, and pepper. Use gloved hands to mix the ingredients together and form 12 meatballs. Place the meatballs on the lined baking sheets and flatten them out. Place one hardboiled egg in the middle of each flattened meatball and wrap the meat around the egg, leaving no gaps or holes. Bake until the sausage is cooked through, approximately 15 minutes. Melt butter in pan. Pan sear scotch eggs until lightly browned. Serve warm.

Macronutrient Breakdown

Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving		% Daily Value*
Calories	278.2 kcal	14 %
Total Fat	22 g	34 %
Saturated Fat	8.1 g	41 %
Trans Fat	0 g	
Cholesterol	241.7 mg	81 %
Sodium	510.4 mg	21 %
Total Carbohydrate	0.3 g	0 %
Dietary Fiber	0.2 g	1 %
Sugars	0 g	
Protein	18.8 g	38 %
Vitamin A	1 %	• Vitamin C 1 %
Calcium	4 %	• Iron 10 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.