



Balsamic Pickled Eggs



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



97 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup balsamic vinegar
- ☐ 6 eggs
- ☐ 5 cloves garlic crushed
- ☐ 0.5 onion sliced
- ☐ 0.5 cup water
- ☐ 1 tablespoon sugar white

Equipment

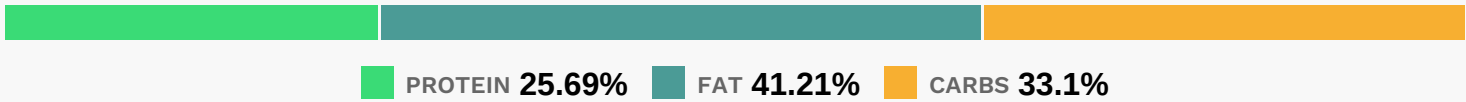
- ☐ sauce pan

☐ stove

Directions

- ☐ Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes.
- ☐ Remove from hot water, cool, and peel.
- ☐ Place the onion, balsamic, water, sugar, and garlic in a saucepan over high heat. Bring to a boil, then remove from stovetop, and allow to cool to room temperature.
- ☐ Place the eggs in a glass jar, and the vinegar over top. Cover, and refrigerate for 4 to 5 days before serving; the longer the better!

Nutrition Facts



Properties

Glycemic Index:29.52, Glycemic Load:3.63, Inflammation Score:-2, Nutrition Score:4.8539130409127%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 96.71kcal (4.84%), Fat: 4.21g (6.48%), Saturated Fat: 1.38g (8.65%), Carbohydrates: 7.61g (2.54%), Net Carbohydrates: 7.4g (2.69%), Sugar: 5.75g (6.39%), Cholesterol: 163.68mg (54.56%), Sodium: 69.17mg (3.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.91g (11.82%), Selenium: 13.92µg (19.89%), Vitamin B2: 0.21mg (12.16%), Phosphorus: 97.64mg (9.76%), Vitamin B5: 0.7mg (7.01%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%), Vitamin B6: 0.12mg (5.84%), Folate: 22.5µg (5.62%), Iron: 0.99mg (5.48%), Vitamin A: 238.01IU (4.76%), Manganese: 0.09mg (4.69%), Zinc: 0.63mg (4.21%), Calcium: 37.62mg (3.76%), Vitamin E: 0.47mg (3.11%), Potassium: 107.97mg (3.08%), Copper: 0.05mg (2.58%), Magnesium: 9.57mg (2.39%), Vitamin B1: 0.03mg (1.79%), Vitamin C: 1.46mg (1.77%)