

Chipotle and Adobo Pickled Eggs



Vegetarian



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



102 kcal

SIDE DISH

Ingredients

- ☐ 2 chipotle chilies canned
- ☐ 1 tablespoon adobo sauce from chipotle peppers canned
- ☐ 2 cloves garlic crushed
- ☐ 12 hard-cooked eggs peeled
- ☐ 1 onion quartered
- ☐ 1 tablespoon salt
- ☐ 2 cups water
- ☐ 2 cups distilled vinegar white

2 tablespoons sugar white

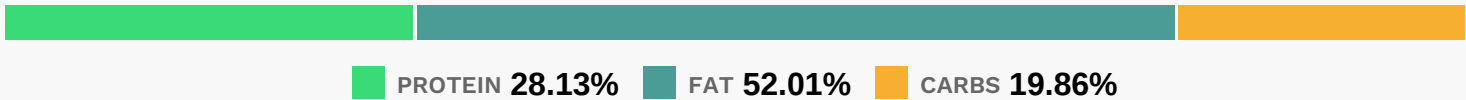
Equipment

pot

Directions

- In a large pot, combine the vinegar, water, garlic, onion, salt, sugar, chipotle chiles and adobo sauce. Bring to a boil, and cook until the onion is translucent, about 15 minutes.
- Place the hard-cooked eggs into clean jars. Strain the boiling brine into the jars to cover the eggs. Cover with lids and refrigerate for at least 3 days before serving. Store in the refrigerator for up to 6 weeks.

Nutrition Facts



Properties

Glycemic Index:14.76, Glycemic Load:1.64, Inflammation Score:-1, Nutrition Score:4.96391303319%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 101.93kcal (5.1%), Fat: 5.37g (8.27%), Saturated Fat: 1.65g (10.34%), Carbohydrates: 4.62g (1.54%), Net Carbohydrates: 3.99g (1.45%), Sugar: 3.53g (3.93%), Cholesterol: 186.5mg (62.17%), Sodium: 647.68mg (28.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.54g (13.08%), Selenium: 15.74µg (22.49%), Vitamin B2: 0.26mg (15.29%), Vitamin B12: 0.56µg (9.25%), Phosphorus: 91.12mg (9.11%), Vitamin D: 1.1µg (7.33%), Vitamin B5: 0.71mg (7.13%), Folate: 23.76µg (5.94%), Vitamin A: 260.29IU (5.21%), Vitamin B6: 0.08mg (3.89%), Iron: 0.67mg (3.73%), Zinc: 0.56mg (3.71%), Vitamin E: 0.52mg (3.45%), Calcium: 32.13mg (3.21%), Manganese: 0.06mg (2.91%), Vitamin B1: 0.04mg (2.55%), Fiber: 0.62g (2.5%), Potassium: 79.4mg (2.27%), Magnesium: 6.88mg (1.72%), Copper: 0.02mg (1.05%), Vitamin C: 0.83mg (1.01%)