



Deviled Eggs and Pickled Beets



Vegetarian



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



12

CALORIES



149 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaf
- ☐ 2 large beets trimmed
- ☐ 12 servings chives sliced
- ☐ 0.3 teaspoon sea salt plus more
- ☐ 1 tablespoon coriander seeds
- ☐ 12 hardboiled eggs peeled
- ☐ 2 teaspoons horseradish white prepared
- ☐ 0.3 cup mayonnaise

- ☐ 0.5 cup red wine vinegar
- ☐ 3 tablespoons sugar
- ☐ 1 tablespoon mustard seeds yellow

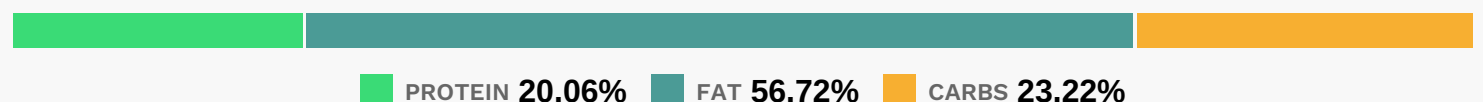
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400°F. Wrap beets in foil, crimping tightly to seal; place on a rimmed baking sheet. Roast until tender, 45–55 minutes.
- ☐ Let stand until cool enough to handle. Peel beets and cut into 1" slices.
- ☐ Transfer to a wide, shallow container.
- ☐ Bring vinegar, sugar, coriander seeds, mustard seeds, cloves, bay leaf, 1/4 teaspoon sea salt, and 1/2 cup water to a simmer in a small saucepan over medium heat. Simmer for 10 minutes; pour liquid over beets.
- ☐ Let cool to room temperature, then cover and refrigerate overnight, turning occasionally.
- ☐ Slice eggs lengthwise in half and spoon yolks into a bowl. Mash yolks with a fork, then stir in the mayonnaise. Press mixture through a strainer into a small bowl.
- ☐ Add 1 tablespoon strained beet-pickling juice, horseradish, and a pinch of salt. Spoon or pipe mixture into each egg white.
- ☐ Finely dice enough drained pickled beets to yield about 1/2 cup (reserve any remaining beets for another use).
- ☐ Garnish each egg with diced beets and chives.

Nutrition Facts



Properties

Glycemic Index:22.01, Glycemic Load:4.1, Inflammation Score:-3, Nutrition Score:7.7734782903091%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 148.79kcal (7.44%), Fat: 9.3g (14.31%), Saturated Fat: 2.22g (13.85%), Carbohydrates: 8.57g (2.86%), Net Carbohydrates: 6.96g (2.53%), Sugar: 6.79g (7.55%), Cholesterol: 188.46mg (62.82%), Sodium: 180.06mg (7.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.4g (14.8%), Selenium: 17.89µg (25.56%), Folate: 74.67µg (18.67%), Vitamin B2: 0.28mg (16.53%), Phosphorus: 116.05mg (11.61%), Manganese: 0.2mg (10.16%), Vitamin K: 10.04µg (9.56%), Vitamin B12: 0.56µg (9.34%), Vitamin B5: 0.79mg (7.89%), Vitamin D: 1.11µg (7.4%), Potassium: 232.32mg (6.64%), Iron: 1.19mg (6.61%), Vitamin A: 322.34IU (6.45%), Fiber: 1.61g (6.44%), Magnesium: 21.29mg (5.32%), Zinc: 0.78mg (5.21%), Vitamin E: 0.73mg (4.9%), Vitamin B6: 0.1mg (4.85%), Calcium: 40.13mg (4.01%), Vitamin C: 3.22mg (3.9%), Vitamin B1: 0.06mg (3.78%), Copper: 0.05mg (2.73%), Vitamin B3: 0.25mg (1.23%)