



Japanese Deviled Eggs



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 cup mayonnaise
- ☐ 24 quail eggs
- ☐ 0.5 teaspoon sesame oil toasted
- ☐ 0.5 teaspoon soya sauce
- ☐ 1 tbsp wasabi paste
- ☐ 0.3 cup furikake
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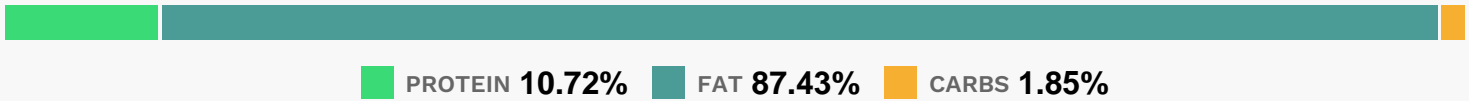
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Put quail eggs in a medium pot and cover with 2 in. cold water. Over high heat, bring to a boil, then simmer 5 minutes.
- ☐ Drain eggs and transfer to a bowl of ice water to cool. Crack shells all over, return to water, and let sit 2 minutes (this loosens the shells). Peel eggs.
- ☐ Combine mayonnaise, wasabi to taste, sesame oil, soy sauce, and salt in a small bowl. Put furikake in another small bowl.
- ☐ Serve both with eggs for dunking.
- ☐ *Find quail eggs at Asian and farmers' markets and furikake--a savory mix of sesame seeds, seaweed, and dried fish--at well-stocked grocery stores, Japanese markets, and amazon.com

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:0.04, Inflammation Score:1, Nutrition Score:4.55608699244%

Nutrients (% of daily need)

Calories: 142.34kcal (7.12%), Fat: 13.73g (21.12%), Saturated Fat: 2.63g (16.46%), Carbohydrates: 0.65g (0.22%), Net Carbohydrates: 0.5g (0.18%), Sugar: 0.19g (0.22%), Cholesterol: 233.76mg (77.92%), Sodium: 220.91mg (9.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.57%), Vitamin K: 22.93µg (21.84%), Vitamin B2: 0.22mg (12.86%), Selenium: 8.97µg (12.81%), Vitamin B12: 0.44µg (7.39%), Phosphorus: 65.95mg (6.59%), Iron: 1.04mg (5.8%), Vitamin B5: 0.5mg (5.05%), Vitamin E: 0.75mg (5.03%), Folate: 18.92µg (4.73%), Vitamin A: 156.37IU (3.13%), Zinc: 0.45mg (3%), Vitamin D: 0.41µg (2.71%), Vitamin B1: 0.04mg (2.61%), Vitamin B6: 0.05mg (2.38%), Calcium: 20.92mg (2.09%), Potassium: 49.9mg (1.43%), Magnesium: 5.1mg (1.27%), Copper: 0.02mg (1.14%), Manganese: 0.02mg (1.03%)