



## Marbled Eggs

 Vegetarian  Gluten Free  Dairy Free

READY IN



170 min.

SERVINGS



10

CALORIES



90 kcal

SIDE DISH

### Ingredients

- 1 cup apple cider vinegar
- 3 medium size beets fresh peeled thinly sliced
- 6 large hard-cooked eggs
- 0.3 cup onion red thinly sliced
- 1 teaspoon pepper dried red crushed
- 0.3 cup sugar
- 0.3 cup salt
- 2.5 cups water

## Equipment

- sauce pan
- wooden spoon

## Directions

- Bring beets, water, vinegar, sugar, salt, onion, and dried crushed red pepper to a boil in a medium saucepan over medium-high heat. Reduce heat to medium-low; simmer 15 to 20 minutes or until onion is tender.
- Remove from heat. Crack eggs all over using back of a wooden spoon. Submerge eggs in beet mixture, and let stand 15 minutes. Cover and chill 2 to 24 hours.
- How to use them: Take your favorite deviled egg recipe up a notch.
- Add a festive note to salad noise. Halve and top with sour cream and caviar or smoked trout roe. Or, serve picnic-style with sea salt, pepper, and a six pack of cold beer.

## Nutrition Facts

 **PROTEIN 19.6%**  **FAT 34.09%**  **CARBS 46.31%**

## Properties

Glycemic Index:20.11, Glycemic Load:5.89, Inflammation Score:-2, Nutrition Score:4.3282608921113%

## Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

## Nutrients (% of daily need)

Calories: 89.93kcal (4.5%), Fat: 3.28g (5.04%), Saturated Fat: 0.99g (6.21%), Carbohydrates: 10.02g (3.34%), Net Carbohydrates: 9.2g (3.34%), Sugar: 8.93g (9.92%), Cholesterol: 111.9mg (37.3%), Sodium: 2893.38mg (125.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.24g (8.48%), Selenium: 9.54µg (13.63%), Folate: 40.83µg (10.21%), Vitamin B2: 0.17mg (9.88%), Manganese: 0.16mg (8.22%), Phosphorus: 65.11mg (6.51%), Vitamin B12: 0.33µg (5.55%), Vitamin B5: 0.46mg (4.64%), Vitamin A: 223.5IU (4.47%), Vitamin D: 0.66µg (4.4%), Potassium: 145.65mg (4.16%), Iron: 0.67mg (3.73%), Fiber: 0.83g (3.31%), Vitamin B6: 0.06mg (3.09%), Zinc: 0.44mg (2.93%), Magnesium: 11.22mg (2.8%), Vitamin E: 0.4mg (2.64%), Calcium: 25.78mg (2.58%), Copper: 0.04mg (2%), Vitamin B1: 0.03mg (1.98%), Vitamin C: 1.5mg (1.82%)