



Mustard Pickled Eggs



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



100 kcal

SIDE DISH

Ingredients

- ☐ 2 cups apple cider vinegar
- ☐ 1.5 teaspoons cornstarch
- ☐ 0.5 teaspoon ground turmeric
- ☐ 6 hard-cooked eggs
- ☐ 0.5 teaspoon ground mustard
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sugar white

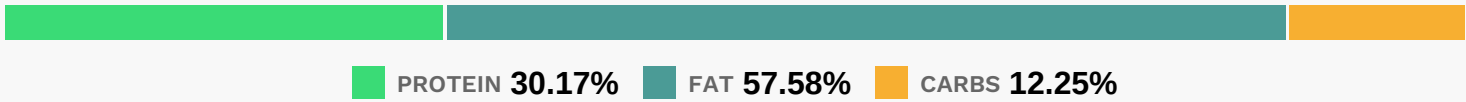
Equipment

☐ sauce pan

Directions

- ☐ Place the hard-cooked eggs into a 1 quart jar. In a saucepan, stir together the mustard, cornstarch, sugar, turmeric, and salt.
- ☐ Pour in just enough of the cider vinegar to make a paste, then gradually stir in the rest. Bring the mixture to a boil, stirring frequently.
- ☐ Pour into the jars with the eggs.
- ☐ Put the lid on the jar, and refrigerate for a few days before eating for best flavor.

Nutrition Facts



Properties

Glycemic Index:19.18, Glycemic Load:0.77, Inflammation Score:-8, Nutrition Score:5.2786956335539%

Nutrients (% of daily need)

Calories: 100.14kcal (5.01%), Fat: 5.38g (8.28%), Saturated Fat: 1.64g (10.26%), Carbohydrates: 2.58g (0.86%), Net Carbohydrates: 2.52g (0.92%), Sugar: 1.56g (1.73%), Cholesterol: 186.5mg (62.17%), Sodium: 453.7mg (19.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.35g (12.7%), Selenium: 15.85µg (22.65%), Vitamin B2: 0.26mg (15.14%), Manganese: 0.23mg (11.49%), Phosphorus: 94.26mg (9.43%), Vitamin B12: 0.56µg (9.25%), Vitamin D: 1.1µg (7.33%), Vitamin B5: 0.7mg (7%), Folate: 22.33µg (5.58%), Vitamin A: 260.05IU (5.2%), Iron: 0.84mg (4.69%), Zinc: 0.58mg (3.84%), Potassium: 126.7mg (3.62%), Vitamin E: 0.53mg (3.52%), Vitamin B6: 0.06mg (3.21%), Calcium: 31.58mg (3.16%), Magnesium: 9.95mg (2.49%), Vitamin B1: 0.03mg (2.31%)