



## Natural Egg Dye For Easter

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



8 kcal

SIDE DISH

### Ingredients

- 1 tablespoon spice chopped for that pungent turmeric! (another use )
- 4 cups water
- 2 tablespoons vinegar white (helps the dye adhere to the eggs)

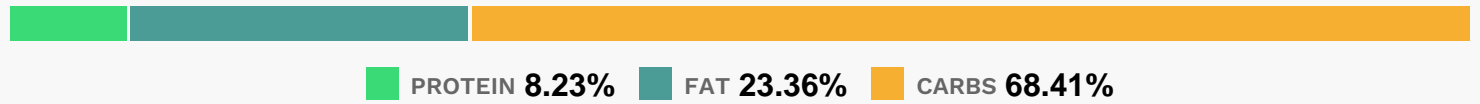
### Equipment

- pot

### Directions

- Combine all these ingredients in a pot, and bring them to a boil, then reduce the heat and let the mixture simmer for 15 to 30 minutes (the longer it simmers, the darker the resulting color).
- Remove the dye from the heat and let cool completely. Dye your hard-boiled eggs or EggNots and let the hunt ensue.

## Nutrition Facts



## Properties

Glycemic Index:13.75, Glycemic Load:0.04, Inflammation Score:-10, Nutrition Score:1.0404347978208%

## Nutrients (% of daily need)

Calories: 7.64kcal (0.38%), Fat: 0.17g (0.27%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 1.14g (0.38%), Net Carbohydrates: 0.77g (0.28%), Sugar: 0.06g (0.07%), Cholesterol: 0mg (0%), Sodium: 12.65mg (0.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.27%), Manganese: 0.14mg (7.07%), Iron: 0.73mg (4.04%), Copper: 0.05mg (2.44%), Vitamin B6: 0.03mg (1.58%), Fiber: 0.37g (1.48%), Magnesium: 5.82mg (1.46%), Potassium: 44.35mg (1.27%), Calcium: 10.78mg (1.08%)