



Pickled Eggs

 Vegetarian  Gluten Free  Dairy Free  Popular

READY IN



30 min.

SERVINGS



6

CALORIES



332 kcal

SIDE DISH

Ingredients

- 1 beet peeled roughly chopped cooked
- 1 cup beet juice
- 1 cup cider vinegar
- 0.3 onion sliced
- 0.3 cup granulated sugar
- 3 cardamom pods
- 1 star anise
- 6 eggs hard cooked peeled

- 0.8 cup water
- 0.8 cup granulated sugar white
- 1 teaspoon mustard seeds yellow (or brown)
- 1 Tbsp curry powder yellow
- 0.8 cup cider vinegar
- 0.5 cup granulated sugar white
- 6 cloves
- 2 jalapeño peppers seeds removed and discarded sliced in half lengthwise,
- 1 teaspoon cumin seeds
- 1 bay leaf
- 0.5 teaspoon oregano dry
- 1 garlic clove peeled
- 2 sprigs tarragon fresh
- 1 teaspoon mustard seeds
- 1 teaspoon herbs de provence

Equipment

- sauce pan

Directions

- Peel the eggs and place in the bottom of a clean, quart-sized glass jar.
- In a medium saucepan, add the vinegar, water (or beet juice if using), the onion (and jalapeno if using), sugar, and spices. Bring to a boil and cook, uncovered, until the sugar has dissolved and the onions are translucent, about 5 minutes.
- Remove from heat and let cool a few minutes.
- Pour the vinegar onion mixture over the eggs in the jar, covering the eggs completely. If you are making the beet pickled eggs, place some or all of the cooked beets in with the eggs in the jar (this will help to bring color to the eggs, and you will have pickled beets as well.) Secure close the jar's cover. Refrigerate up to a month.

The pickled eggs will be ready to eat after a few days. The longer the eggs sit in the pickling juice, the more the pickling juice will penetrate the eggs.

Nutrition Facts



PROTEIN 9.42% **FAT 17.23%** **CARBS 73.35%**

Properties

Glycemic Index:100.38, Glycemic Load:39.12, Inflammation Score:-5, Nutrition Score:10.726956637009%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 331.77kcal (16.59%), Fat: 6.33g (9.74%), Saturated Fat: 1.73g (10.84%), Carbohydrates: 60.65g (20.22%), Net Carbohydrates: 58.35g (21.22%), Sugar: 56.48g (62.75%), Cholesterol: 186.5mg (62.17%), Sodium: 98.79mg (4.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.78g (15.57%), Manganese: 0.89mg (44.38%), Selenium: 18.5µg (26.43%), Vitamin B2: 0.31mg (18%), Folate: 69.79µg (17.45%), Iron: 2.42mg (13.44%), Phosphorus: 128.43mg (12.84%), Vitamin C: 8.7mg (10.55%), Vitamin B12: 0.56µg (9.25%), Fiber: 2.3g (9.2%), Potassium: 322.15mg (9.2%), Magnesium: 32.25mg (8.06%), Vitamin B5: 0.79mg (7.91%), Vitamin B6: 0.16mg (7.84%), Vitamin A: 376.37IU (7.53%), Vitamin D: 1.1µg (7.33%), Calcium: 70.12mg (7.01%), Vitamin E: 1.05mg (7.01%), Zinc: 0.96mg (6.38%), Vitamin K: 6.41µg (6.1%), Vitamin B1: 0.07mg (4.52%), Copper: 0.08mg (4.21%), Vitamin B3: 0.42mg (2.08%)