



Pickled Eggs from Egg Farmers of Ontario



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



22 min.

SERVINGS



12

CALORIES



88 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaf
- ☐ 1 teaspoon peppercorns black
- ☐ 2 tablespoons gingerroot fresh sliced
- ☐ 12 hardboiled eggs cooked peeled
- ☐ 1 teaspoon mustard seed
- ☐ 1 teaspoon salt
- ☐ 1 cup water
- ☐ 2 cups vinegar white

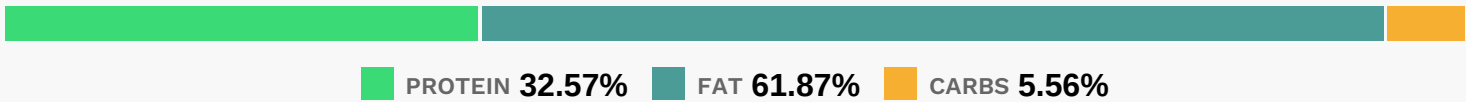
Equipment

☐ sauce pan

Directions

- ☐ Place vinegar, water, gingerroot, salt, mustard seed, peppercorns and bay leaf in a saucepan over medium heat. Bring to a boil. Reduce heat and simmer for 5 minutes.
- ☐ Remove from heat and let solution cool to room temperature.
- ☐ Place eggs in a sealable jar.
- ☐ Pour enough vinegar solution over the eggs to cover them. Close jar with lid.
- ☐ Refrigerate for at least two days before serving.

Nutrition Facts



Properties

Glycemic Index:8.08, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:4.9208695580778%

Nutrients (% of daily need)

Calories: 88.3kcal (4.41%), Fat: 5.42g (8.33%), Saturated Fat: 1.65g (10.29%), Carbohydrates: 1.1g (0.37%), Net Carbohydrates: 0.95g (0.34%), Sugar: 0.62g (0.68%), Cholesterol: 186.5mg (62.17%), Sodium: 257.89mg (11.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.42g (12.83%), Selenium: 16.16µg (23.09%), Vitamin B2: 0.26mg (15.19%), Vitamin B12: 0.56µg (9.25%), Phosphorus: 90.76mg (9.08%), Vitamin D: 1.1µg (7.33%), Vitamin B5: 0.71mg (7.09%), Folate: 22.61µg (5.65%), Vitamin A: 262.6IU (5.25%), Manganese: 0.09mg (4.66%), Iron: 0.68mg (3.77%), Zinc: 0.56mg (3.7%), Vitamin E: 0.53mg (3.56%), Vitamin B6: 0.06mg (3.23%), Calcium: 30.81mg (3.08%), Vitamin B1: 0.04mg (2.38%), Potassium: 75.49mg (2.16%), Magnesium: 7.69mg (1.92%), Copper: 0.02mg (1.08%)