

## Pickled Eggs II



Gluten Free



Dairy Free

READY IN



1420 min.

SERVINGS



12

CALORIES



89 kcal

SIDE DISH

### Ingredients

- ☐ 1 tablespoon pickling spice
- ☐ 1 bay leaf
- ☐ 12 extra large eggs
- ☐ 1 clove garlic crushed
- ☐ 1.5 cups water
- ☐ 1.5 cups distilled vinegar white

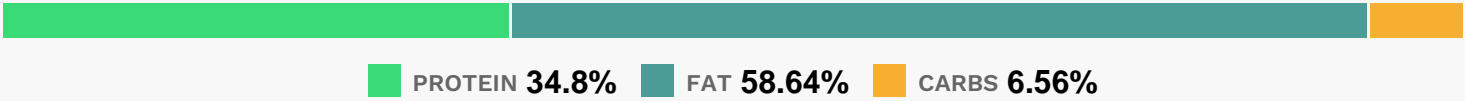
### Equipment

- ☐ sauce pan

# Directions

- ☐ Place eggs in a medium saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes.
- ☐ Remove from hot water, cool and peel.
- ☐ In a medium saucepan over medium heat, mix together the vinegar, water and pickling spice. Bring to a boil and mix in the garlic and bay leaf.
- ☐ Remove from heat.
- ☐ Transfer the eggs to sterile containers. Fill the containers with the hot vinegar mixture, seal and refrigerate 8 to 10 days before serving.

## Nutrition Facts



## Properties

Glycemic Index:7.08, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:6.2926087275795%

## Nutrients (% of daily need)

Calories: 89.48kcal (4.47%), Fat: 5.38g (8.28%), Saturated Fat: 1.77g (11.08%), Carbohydrates: 1.35g (0.45%), Net Carbohydrates: 0.82g (0.3%), Sugar: 0.27g (0.3%), Cholesterol: 208.32mg (69.44%), Sodium: 81.99mg (3.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.18g (14.37%), Selenium: 17.44µg (24.92%), Vitamin B2: 0.26mg (15.46%), Phosphorus: 114.37mg (11.44%), Vitamin B5: 0.87mg (8.71%), Vitamin B12: 0.5µg (8.31%), Iron: 1.45mg (8.06%), Vitamin D: 1.12µg (7.47%), Vitamin K: 7.83µg (7.46%), Folate: 29.26µg (7.32%), Vitamin A: 323.9IU (6.48%), Vitamin B6: 0.11mg (5.57%), Calcium: 54.36mg (5.44%), Vitamin E: 0.81mg (5.42%), Zinc: 0.76mg (5.1%), Manganese: 0.1mg (4.98%), Copper: 0.06mg (2.78%), Potassium: 94.49mg (2.7%), Magnesium: 10.73mg (2.68%), Fiber: 0.53g (2.12%), Vitamin B1: 0.03mg (1.67%)