

Pickled Eggs III

 Vegetarian  Gluten Free  Dairy Free

READY IN

ready

55 min.

SERVINGS

servings

12

CALORIES

calories

75 kcal

SIDE DISH

Ingredients

- ☐ 2 bay leaves
- ☐ 0.5 teaspoon celery seed
- ☐ 12 eggs
- ☐ 1 clove garlic minced
- ☐ 1 teaspoon salt
- ☐ 1 cup tarragon vinegar
- ☐ 1 cup water
- ☐ 2 tablespoons sugar white

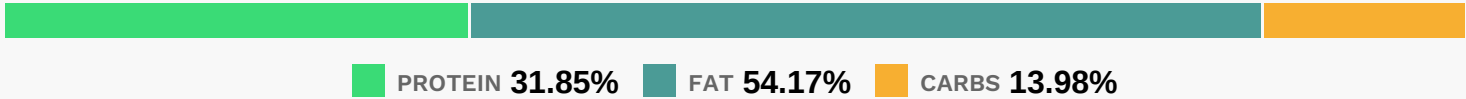
Equipment

☐ sauce pan

Directions

- ☐ Place eggs in a large 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 the tarragon vinegar, water, sugar, salt, celery seed, garlic and bay leaves. Bring to a boil, then simmer 30 minutes. Set aside to cool.
- ☐ Pour mixture over eggs; cover and refrigerate for 2 to 3 days.

Nutrition Facts



Properties

Glycemic Index:12.51, Glycemic Load:1.42, Inflammation Score:-1, Nutrition Score:4.2017391767839%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg

Nutrients (% of daily need)

Calories: 75.2kcal (3.76%), Fat: 4.21g (6.48%), Saturated Fat: 1.38g (8.62%), Carbohydrates: 2.45g (0.82%), Net Carbohydrates: 2.43g (0.88%), Sugar: 2.17g (2.41%), Cholesterol: 163.68mg (54.56%), Sodium: 257.88mg (11.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.58g (11.15%), Selenium: 13.67µg (19.53%), Vitamin B2: 0.2mg (11.89%), Phosphorus: 88.83mg (8.88%), Vitamin B5: 0.68mg (6.76%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%), Folate: 20.73µg (5.18%), Vitamin A: 238.7IU (4.77%), Iron: 0.83mg (4.6%), Vitamin B6: 0.08mg (3.95%), Zinc: 0.58mg (3.88%), Vitamin E: 0.46mg (3.09%), Calcium: 28.71mg (2.87%), Copper: 0.04mg (1.92%), Manganese: 0.04mg (1.82%), Potassium: 63.48mg (1.81%), Magnesium: 6.14mg (1.54%), Vitamin B1: 0.02mg (1.23%)