



Pickled Quail Eggs

 **Gluten Free**  **Dairy Free**

READY IN



1485 min.

SERVINGS



24

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons suya seasoning mix
- 0.5 cup beets grated peeled (from)
- 0.5 cup apple cider vinegar
- 4 teaspoons granulated sugar
- 2 teaspoons kosher salt plus more for serving
- 24 quail eggs
- 0.5 cup water

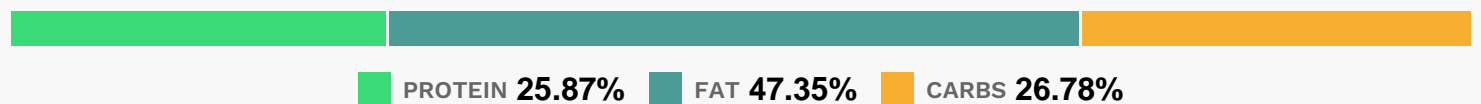
Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- sieve
- measuring cup
- slotted spoon

Directions

- Combine the vinegar, water, beet, sugar, measured salt, and pickling spice in a small saucepan and bring to a boil over medium-high heat, stirring to dissolve the salt and sugar.
- Remove the pan from the heat and let sit until the mixture cools to room temperature, about 30 minutes. Meanwhile, place the eggs in a medium saucepan with a tightfitting lid and cover with cold water by 1 inch.
- Place over high heat and bring to a boil. Immediately remove the pan from the heat, cover, and let sit 3 minutes. Prepare an ice water bath by filling a large bowl halfway with ice and water. When the eggs are ready, transfer them with a slotted spoon to the ice water bath.
- Let sit until the eggs are cold, about 5 minutes. Carefully crack and peel each egg and rinse under cold water to remove any residual shell pieces. Pat the eggs dry with a paper towel and transfer them to a glass pint jar with a tightfitting lid; set aside. Set a fine-mesh strainer over a 1- or 2-cup measuring cup with a spout.
- Pour the cooled pickling liquid into the strainer and discard the contents of the strainer.
- Pour the pickling liquid over the eggs and seal the jar. Turn the jar upside down a few times to distribute the pickling liquid. Refrigerate at least 24 hours and up to 1 week.
- Serve the pickled eggs sprinkled with coarse salt.

Nutrition Facts



Properties

Glycemic Index:7.46, Glycemic Load:0.61, Inflammation Score:0, Nutrition Score:1.5665217203938%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 20.14kcal (1.01%), Fat: 1.02g (1.57%), Saturated Fat: 0.33g (2.05%), Carbohydrates: 1.3g (0.43%), Net Carbohydrates: 1.05g (0.38%), Sugar: 0.93g (1.03%), Cholesterol: 75.96mg (25.32%), Sodium: 209.29mg (9.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.51%), Vitamin B2: 0.07mg (4.38%), Selenium: 2.93µg (4.18%), Iron: 0.51mg (2.86%), Folate: 10µg (2.5%), Vitamin K: 2.59µg (2.46%), Vitamin B12: 0.14µg (2.37%), Manganese: 0.05mg (2.31%), Phosphorus: 22.48mg (2.25%), Vitamin B5: 0.17mg (1.67%), Calcium: 13.4mg (1.34%), Vitamin E: 0.17mg (1.16%), Vitamin A: 56.79IU (1.14%), Zinc: 0.16mg (1.04%), Fiber: 0.25g (1.02%)