



Polished Eggs



Vegetarian



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



161 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 4 eggs
- ☐ 4 cloves garlic crushed
- ☐ 4 tablespoons soya sauce
- ☐ 2 tablespoons vegetable oil

Equipment

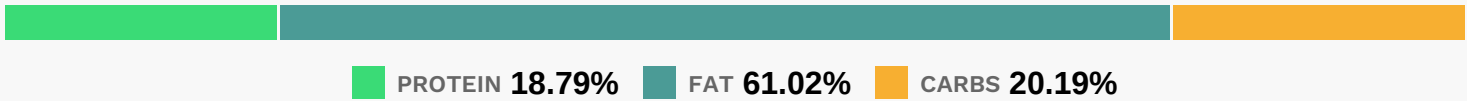
- ☐ frying pan
- ☐ sauce pan

☐ knife

Directions

- ☐ Place eggs in a saucepan, and cover completely with cold water. Bring water to a boil for one minute. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes.
- ☐ Remove from hot water, and cool. Peel. Score spirals into the white of the eggs, from the tops to the bottoms, using a sharp knife.
- ☐ In a small saucepan, heat oil.
- ☐ Add garlic, and cook over medium heat until it begins to brown. Stir in sugar and soy sauce.
- ☐ Remove pan from heat.
- ☐ Place eggs in sauce, and turn to coat. When eggs are nice and dark, and the sauce is thick and syrupy, remove from sauce.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.41, Inflammation Score:-2, Nutrition Score:6.2765217008798%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 161.1kcal (8.06%), Fat: 11.02g (16.95%), Saturated Fat: 2.42g (15.12%), Carbohydrates: 8.2g (2.73%), Net Carbohydrates: 7.99g (2.91%), Sugar: 6.32g (7.02%), Cholesterol: 163.68mg (54.56%), Sodium: 1070.15mg (46.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.63g (15.27%), Selenium: 14.15µg (20.21%), Vitamin B2: 0.23mg (13.63%), Vitamin K: 12.69µg (12.08%), Phosphorus: 115.35mg (11.53%), Manganese: 0.16mg (7.81%), Vitamin B5: 0.77mg (7.68%), Vitamin B6: 0.15mg (7.52%), Iron: 1.29mg (7.19%), Vitamin E: 1.02mg (6.8%), Vitamin B12: 0.39µg (6.53%), Folate: 24.07µg (6.02%), Vitamin D: 0.88µg (5.87%), Vitamin A: 237.87IU (4.76%), Zinc: 0.68mg (4.54%), Vitamin B3: 0.77mg (3.86%), Calcium: 38.65mg (3.86%), Magnesium: 13.77mg (3.44%), Potassium: 118.89mg (3.4%), Copper: 0.07mg (3.39%), Vitamin B1: 0.03mg (2.28%), Vitamin C: 0.94mg (1.13%)