



Quail Eggs with Toasted-Sesame Salt



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



111 kcal

SIDE DISH

Ingredients



1 teaspoon coarse salt



48 quail eggs



0.8 cup sesame seed

Equipment



food processor



frying pan



sauce pan



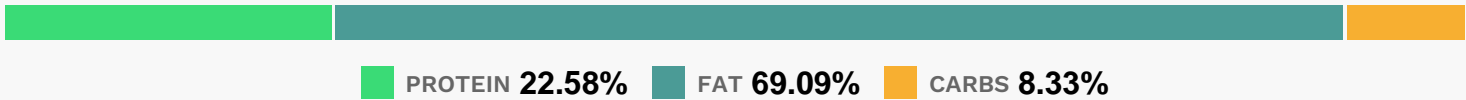
oven

☐ baking pan

Directions

- ☐ Preheat oven to 350°F.
- ☐ In a baking pan spread seeds evenly and toast, stirring once halfway through toasting, until deep golden, about 12 minutes. Cool seeds and in a food processor pulse with salt until coarsely ground. Sesame salt may be made 2 weeks ahead and kept, covered, at room temperature.
- ☐ In a saucepan cover eggs with cold water by 1 inch and bring just to a boil.
- ☐ Remove pan from heat and let eggs stand, covered, 7 minutes for quail eggs or 17 minutes for chicken eggs.
- ☐ Drain water from pan and run cold water over eggs, cracking shells against side of pan. Peel eggs and quarter chicken eggs if using.
- ☐ Serve eggs with salt.

Nutrition Facts



Properties

Glycemic Index:2.92, Glycemic Load:0.38, Inflammation Score:-1, Nutrition Score:8.170434769405%

Nutrients (% of daily need)

Calories: 110.6kcal (5.53%), Fat: 8.65g (13.31%), Saturated Fat: 1.93g (12.08%), Carbohydrates: 2.35g (0.78%), Net Carbohydrates: 1.24g (0.45%), Sugar: 0.17g (0.19%), Cholesterol: 303.84mg (101.28%), Sodium: 245.58mg (10.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.72%), Selenium: 14.75µg (21.07%), Copper: 0.41mg (20.26%), Vitamin B2: 0.31mg (18.09%), Iron: 2.68mg (14.89%), Phosphorus: 140.33mg (14.03%), Manganese: 0.24mg (12.24%), Calcium: 114.57mg (11.46%), Vitamin B12: 0.57µg (9.48%), Magnesium: 37.59mg (9.4%), Zinc: 1.26mg (8.38%), Folate: 32.85µg (8.21%), Vitamin B1: 0.12mg (8.06%), Vitamin B6: 0.13mg (6.4%), Vitamin B5: 0.64mg (6.39%), Fiber: 1.11g (4.42%), Vitamin A: 196.32IU (3.93%), Vitamin D: 0.5µg (3.36%), Vitamin E: 0.41mg (2.75%), Potassium: 91.43mg (2.61%), Vitamin B3: 0.48mg (2.39%)