



Sesame Quail Eggs

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



1500 min.

SERVINGS



8

CALORIES



34 kcal

SIDE DISH

Ingredients

- 16 quail eggs
- 0.3 teaspoon sesame oil
- 2 tablespoons soya sauce
- 1 teaspoon sugar
- 0.5 cup water

Equipment

- frying pan
- sauce pan

Directions

- Generously cover eggs with cold water in a small heavy saucepan and bring just to a boil.
- Remove from heat and let eggs stand, covered, 5 minutes.
- Drain off water, then run cold water over eggs, cracking shells against side of pan.
- Peel eggs and return to saucepan.
- Add water (1/2 cup), soy sauce, and sugar.
- Simmer, shaking pan occasionally, until most of liquid has evaporated, about 20 minutes.
- Remove from heat and stir in sesame oil.
- Serve at room temperature.
- Sesame quail eggs are best the day they are made but can be made 1 day ahead and chilled.

Nutrition Facts

PROTEIN 33.47% **FAT 56.77%** **CARBS 9.76%**

Properties

Glycemic Index:10.64, Glycemic Load:0.38, Inflammation Score:1, Nutrition Score:2.3726086937215%

Nutrients (% of daily need)

Calories: 34.17kcal (1.71%), Fat: 2.13g (3.27%), Saturated Fat: 0.66g (4.12%), Carbohydrates: 0.82g (0.27%), Net Carbohydrates: 0.79g (0.29%), Sugar: 0.65g (0.72%), Cholesterol: 151.92mg (50.64%), Sodium: 277.49mg (12.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.64%), Vitamin B2: 0.15mg (8.77%), Selenium: 5.8µg (8.28%), Vitamin B12: 0.28µg (4.74%), Phosphorus: 46.53mg (4.65%), Iron: 0.76mg (4.25%), Vitamin B5: 0.33mg (3.34%), Folate: 12.69µg (3.17%), Vitamin A: 97.74IU (1.95%), Zinc: 0.29mg (1.9%), Vitamin B6: 0.04mg (1.8%), Vitamin B1: 0.03mg (1.74%), Vitamin D: 0.25µg (1.68%), Manganese: 0.03mg (1.47%), Vitamin E: 0.2mg (1.31%), Calcium: 12.87mg (1.29%), Magnesium: 4.29mg (1.07%), Vitamin B3: 0.2mg (1.02%)