



Tea-Marbled Eggs with Soy Balsamic Mayonnaise



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



155 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 teaspoon balsamic vinegar to taste
- ☐ 12 large eggs
- ☐ 0.5 cup mayonnaise
- ☐ 0.8 cup soya sauce
- ☐ 2 tablespoons sugar
- ☐ 4 ginger tea bags
- ☐ 3 cups water

☐ 12 servings watercress

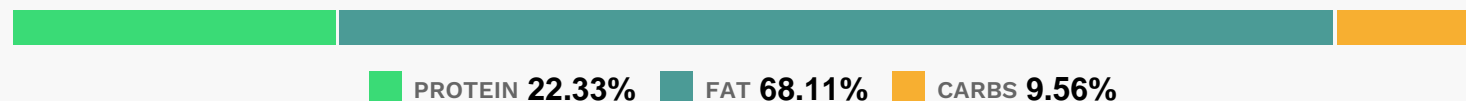
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Cover eggs with cold water by 1 inch in a 2- to 3-quart saucepan and bring to a rolling boil, partially covered.
- ☐ Remove from heat and let eggs stand, covered, 10 minutes.
- ☐ Transfer eggs with a slotted spoon to a bowl of ice and cold water and let stand 5 minutes (to cool). Gently tap shell all over with back of a spoon to lightly crack (do not peel). Do not tap too hard or tea liquid will seep into shell instead of just staining cracks.
- ☐ Bring soy sauce, sugar, and water to a boil in saucepan, stirring until sugar is dissolved, then add tea bags. Reduce heat and simmer, covered, 10 minutes.
- ☐ Add eggs (and more water if eggs are not completely covered by liquid) and simmer, covered, 10 minutes.
- ☐ Remove pan from heat and let eggs stand in liquid, uncovered, until cool, then chill at least 2 hours. Lift eggs from liquid and peel. Reserve 2 tablespoons cooking liquid and discard remainder.
- ☐ Whisk vinegar and reserved cooking liquid into mayonnaise and serve with eggs. Present eggs whole, then quarter for dipping. (Yolks may have a dark ring.)
- ☐ • Unpeeled eggs can be chilled in cooking liquid up to 2 days. • Soy balsamic mayonnaise can be made 2 days ahead and chilled, covered.*Available at specialty foods shops and some supermarkets.

Nutrition Facts



Properties

Glycemic Index:18.09, Glycemic Load:1.65, Inflammation Score:-7, Nutrition Score:12.79260871203%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 7.83mg, Kaempferol: 7.83mg, Kaempferol: 7.83mg, Kaempferol: 7.83mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 10.2mg, Quercetin: 10.2mg, Quercetin: 10.2mg, Quercetin: 10.2mg

Nutrients (% of daily need)

Calories: 155.47kcal (7.77%), Fat: 11.79g (18.14%), Saturated Fat: 2.67g (16.67%), Carbohydrates: 3.72g (1.24%), Net Carbohydrates: 3.44g (1.25%), Sugar: 2.61g (2.9%), Cholesterol: 189.92mg (63.31%), Sodium: 957.25mg (41.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.7g (17.4%), Vitamin K: 100.36µg (95.58%), Vitamin A: 1361.01IU (27.22%), Selenium: 16µg (22.86%), Vitamin C: 14.62mg (17.72%), Vitamin B2: 0.29mg (17.26%), Phosphorus: 140.29mg (14.03%), Vitamin B5: 0.94mg (9.42%), Manganese: 0.17mg (8.53%), Vitamin B6: 0.16mg (7.93%), Vitamin E: 1.17mg (7.81%), Vitamin B12: 0.46µg (7.6%), Calcium: 74.35mg (7.44%), Folate: 29.64µg (7.41%), Iron: 1.31mg (7.29%), Vitamin D: 1.02µg (6.79%), Potassium: 214.31mg (6.12%), Zinc: 0.77mg (5.1%), Magnesium: 19.67mg (4.92%), Copper: 0.09mg (4.66%), Vitamin B1: 0.06mg (4.01%), Vitamin B3: 0.68mg (3.39%), Fiber: 0.29g (1.14%)