

Truffled Quail Eggs



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



120 min.

SERVINGS



48

CALORIES



18 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 48 servings chives fresh finely chopped
- ☐ 1 tablespoon chives fresh finely chopped
- ☐ 0.3 cup hazelnut oil
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 24 quail eggs
- ☐ 1.5 oz winter squash fresh black

Equipment

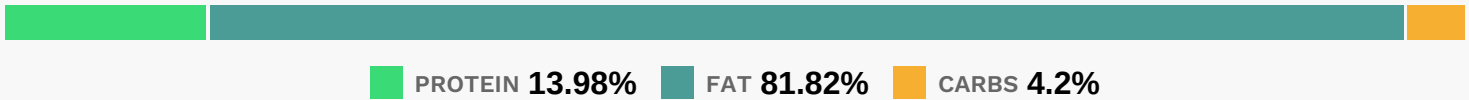
- ☐ bowl

- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ pastry bag

Directions

- ☐ Very thinly slice truffles with a truffle slicer or other small manual slicer or with a sharp thin knife.
- ☐ Cut out 48 circles from slices with round cutter. Mince enough scraps to measure 1 tablespoon and reserve with 2 teaspoons juice from jar if using preserved truffles.
- ☐ Whisk oil into lemon juice in a small bowl and season with salt and pepper. Spoon 1 1/2 tablespoons of vinaigrette into another small bowl and add truffle circles. Marinate truffle circles, covered and chilled, 1 hour, or until ready to use.
- ☐ While truffle circles are marinating, cover quail eggs with water by 1 inch in a small saucepan. Simmer, covered, 5 minutes, then refresh under cold water to stop cooking. Peel eggs and halve lengthwise.
- ☐ Carefully push out yolks and mash with chives, minced truffles (and any juice if using preserved truffles), and remaining vinaigrette to create a paste. Season with salt and pepper and transfer mixture to pastry bag fitted with tip. Chill deviled yolks in bag until ready to use.
- ☐ Arrange egg white halves on a platter and pipe in just enough deviled yolks to fill holes (do not mound). Cover each yolk with a truffle circle.
- ☐ ·Truffles, vinaigrette, egg white halves, and deviled yolks may be prepared 1 day ahead and chilled separately. (Cover whites with plastic wrap.)·Although best assembled right before serving, hors d'oeuvres can be chilled, covered with plastic wrap, up to 2 hours.

Nutrition Facts



Properties

Glycemic Index:1.88, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.0500000038225%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 17.93kcal (0.9%), Fat: 1.64g (2.53%), Saturated Fat: 0.25g (1.54%), Carbohydrates: 0.19g (0.06%), Net Carbohydrates: 0.14g (0.05%), Sugar: 0.06g (0.07%), Cholesterol: 37.98mg (12.66%), Sodium: 6.42mg (0.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.26%), Vitamin E: 0.6mg (4%), Vitamin A: 164.88IU (3.3%), Vitamin B2: 0.04mg (2.18%), Vitamin K: 2.29µg (2.18%), Selenium: 1.45µg (2.08%), Vitamin B12: 0.07µg (1.19%), Vitamin C: 0.92mg (1.12%), Phosphorus: 11.1mg (1.11%), Folate: 4.39µg (1.1%), Iron: 0.19mg (1.04%)