

Low-Carb Curried Pickled Eggs

Hands-on 15 minutes Overall 1 hour 30 minutes



Nutritional values (per egg): Total carbs: 1.9 g, Fiber: 0.8 g, **Net carbs: 1.2 g**, Protein: 6.5 g,
Fat: 5 g, Calories: 84 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

Ingredients (makes 12 servings)

- 12 large eggs
- 1 1/2 cup apple cider vinegar (360 ml/ 12 fl oz)
- 1 cup water (240 ml/ 8 fl oz)
- 2 tbsp curry powder (13 g/ 0.5 oz)
- 2 tsp turmeric
- 1 tsp chile flakes
- 1 tsp whole black peppercorns
- 4 tbsp [Swerve](#) or [Erythritol](#) (40 g/ 1.4 oz)
- 1 tsp [pink Himalayan](#) salt
- 1 whole red chilli (14 g/ 0.5 oz)

Note: Nutrition facts are estimated as some of the ingredients are only used for pickling (due to negligible effects on nutrition facts, I fully included them in the calculation).

Instructions

1. Place the eggs in a saucepan on the stove and cover with cold water. Bring to the boil, reduce to a simmer and simmer for 10 minutes. Run eggs under cold water and set aside to cool.
2. Place all ingredients, except the whole chilli, into a pan and heat gently until boiling point. Remove from heat and set aside to cool.
3. Peel boiled eggs.
4. Place the eggs in a jar large enough to comfortably fit them.
5. Cut chilli in half, retaining the seeds or not depending on your heat preference, and place in the centre of the eggs.
6. Pour the cooled liquid gently over the eggs until covered. The eggs will be coloured after approx. 2 days in the fridge, but the longer they sit, the better the flavour will be.
7. The spices will settle to the bottom, so feel free to give the jar a gentle swirl and turn every now and then. Store in the refrigerator for up to 4 weeks.

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