

# Pink Pickled Deviled Eggs

Hands-on 15 minutes Overall 2-12 hours

**Nutritional values (per serving, 2 deviled eggs):** Total carbs: 0.7 g, Fiber: 0.1 g,

**Net carbs: 0.6 g**, Protein: 6.4 g, Fat: 11 g, Calories: 129 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



## Ingredients (makes 16 deviled eggs)

### Pickled eggs:

8 large eggs

2-3 small beetroots

3 cups water (24 fl oz/ 720 ml)

1 cup apple cider vinegar (240 ml/ 8 fl oz)

### Deviled eggs:

8 large pickled eggs (*recipe above*)

4 tbsp paleo mayonnaise (60 g/ 2.1 oz) - you can make your own mayo

2 tsp Dijon mustard (10 ml)

1/2 tsp sea salt

1/4 tsp black pepper

1 tbsp sugar-free pickle juice or lemon juice

1 tbsp freshly chopped herbs such as dill for garnish

*Note: Ingredients used for pickling are not included in the nutrition facts as their effect is insignificant.*

## Instructions

1. To boil the eggs, place them in a pot and fill with water covering them by an inch. Bring to a boil over high heat. Once the water starts boiling, turn off the heat and cover with a lid. Remove from the burner and keep the eggs covered in the pot for 13 minutes (10 minutes for medium sized eggs, 15 minutes for extra large eggs). When done, transfer to a bowl filled with ice water and let them sit for 5 minutes.
2. To peel, remove from the ice water and crack each egg several times on the kitchen surface. Gently peel off the shells. *Fresh eggs don't peel well. It's better if you use eggs that you bought 7-10 days before cooking.*
3. To pickle the cooked eggs, place the beetroots and water into a

blender and process until smooth. Pour into a jug through a fine mesh sieve.

4. Discard the solids in the sieve and add vinegar into the jug. Add the cooked eggs and pickle in the fridge for at least 2 hours or up to 24 hours.
5. Remove from the pickling liquid and place in a plate. The longer you pickle them, the stronger the flavour and the more pink they will become. I pickled mine for 12 hours.
6. Cut the eggs in half and carefully — without breaking the egg whites — spoon the egg yolks into a bowl. *Unpeeled hard-boiled eggs can be stored in the fridge for up to a week.*
7. Add the mayonnaise.
8. Add Dijon mustard, pickle juice, salt and pepper. Mash using a fork.
9. To make filling your piping bag easier, place it upright in a tall glass and then fill with the egg yolk mixture.
10. Fill each egg half. To keep it super simple you can just use a spoon to fill the egg halves.
11. Sprinkle with freshly chopped herbs.
12. Eat immediately or refrigerate for up to 2 days.

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