



# Easter egg dye with beetroots

30'  
Hands on

20  
Portion(s)

1  
Difficulty



## Ingredients

- 20 eggs, white, at room temperature
- 4 beetroots, medium
- 100 g vinegar
- 1 teaspoon(s) olive oil

## Διατροφικός πίνακας

Nutrition information per portion

81 Calories (kcal)	5.5 Total Fat (g)	1.5 Saturated Fat (g)	0.0 Total Carbs (g)
4%	8%	8%	0%
0.0 Sugars (g)	8.1 Protein (g)	0.0 Fibre (g)	0.22 Sodium (g)
0%	16%	0%	4%

## Method

Beetroots give a lovely pinkish-red color to your eggs!

- Peel the beetroots and wash thoroughly.
- In a [wide pot](#) full of water that is at room temperature, add the beetroots, vinegar and eggs in one layer.
- Slowly bring the mixture to a boil and simmer for 20 minutes.
- When ready, remove from heat and allow the eggs to cool in the water, mixing them every so often.
- Once cool, place pot with eggs in the refrigerator overnight.
- The following day, remove the eggs from the pot with a [slotted spoon](#), lightly rinse and make them shiny by rubbing them with a little olive oil and a thin towel.

## Tip

The nutritional chart only refers to the eggs.