



Brine-pickled Beets with Ginger and Orange



Vegetarian



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



14400 min.

SERVINGS



2

CALORIES



341 kcal

SIDE DISH

Ingredients

- ☐ 2 tbsp pickling spice black (cinnamon, mustard seed, allspice berries, cloves, peppercorns etc.)
- ☐ 6 medium beets trimmed peeled sliced in 1/8-inch rounds)
- ☐ 1 knob ginger peeled cut into matchsticks)
- ☐ 1 medium orange zest
- ☐ 1 tbsp honey raw
- ☐ 2 servings vegetable starter culture

Equipment

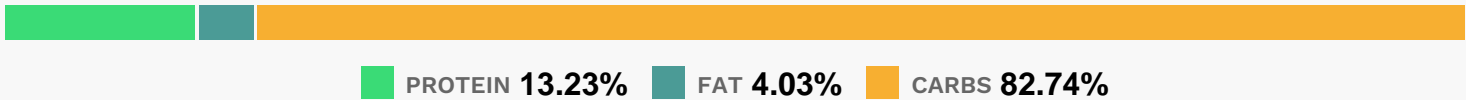
- ☐ whisk

- ☐ mixing bowl
- ☐ canning jar

Directions

- ☐ Dissolve vegetable starter culture into one-half cup filtered water and whisk in honey until the honey is thoroughly incorporated into the water. Allow the starter to sit at room temperature for about five minutes while you prepare the remaining ingredients.Toss together beets, ginger, orange zest and pickling spice together in a mixing bowl.
- ☐ Layer this mixture into a mason jar.Cover beets with the starter culture, adding filtered water, if needed, to completely submerge them beneath the liquid. Weigh the beets down, if necessary, so they rest below the level of liquid and allow them to ferment at room temperature for three to seven days before transferring to the refrigerator.

Nutrition Facts



Properties

Glycemic Index:104.14, Glycemic Load:31.7, Inflammation Score:-10, Nutrition Score:33.297826093176%

Flavonoids

Luteolin: 1.89mg, Luteolin: 1.89mg, Luteolin: 1.89mg, Luteolin: 1.89mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 340.78kcal (17.04%), Fat: 1.68g (2.59%), Saturated Fat: 0.37g (2.3%), Carbohydrates: 77.64g (25.88%), Net Carbohydrates: 56.52g (20.55%), Sugar: 43.17g (47.97%), Cholesterol: 0mg (0%), Sodium: 443.23mg (19.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.41g (24.82%), Manganese: 3.18mg (159.24%), Folate: 586.06µg (146.51%), Vitamin A: 4869.18IU (97.38%), Fiber: 21.12g (84.47%), Potassium: 2003.57mg (57.24%), Vitamin C: 42.69mg (51.75%), Magnesium: 157.99mg (39.5%), Iron: 6.01mg (33.39%), Copper: 0.61mg (30.53%), Phosphorus: 275.34mg (27.53%), Vitamin B6: 0.47mg (23.6%), Vitamin B1: 0.29mg (19.15%), Vitamin B2: 0.31mg (18.17%), Vitamin K: 17.39µg (16.56%), Calcium: 159.02mg (15.9%), Zinc: 2.35mg (15.69%), Vitamin B3: 3.03mg (15.14%), Vitamin B5: 1.12mg (11.16%), Selenium: 4.57µg (6.53%), Vitamin E: 0.32mg (2.16%)