



## Canned Spiced Pickled Beets

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



105 min.

SERVINGS



12

CALORIES



477 kcal

SIDE DISH

### Ingredients

- 12 pounds beets peeled sliced
- 2 tablespoons ground cinnamon
- 1 tablespoon ground cloves
- 1.5 tablespoons salt
- 4 cups water
- 5.3 cups distilled vinegar white
- 4 cups sugar white
- 6 quart canning jars with lids and rings

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## Equipment

- paper towels
- knife
- pot
- spatula
- slotted spoon

## Directions

- In a large pot, mix the white vinegar, sugar, water, cinnamon, salt, and cloves together; bring the mixture to a boil, and stir until the sugar has dissolved. Stir in the beets, and simmer until tender, 15 to 20 minutes.
- Sterilize the jars, lids, and rings in boiling water for at least 5 minutes. Using a slotted spoon, pack the sliced beets into the hot, sterilized jars, and pour in the beet liquid to fill the jars to within 1/4 inch of the top. Run a sterilized knife or a thin spatula around the insides of the jars after they have been filled to remove any air bubbles. Wipe the rims of the jars with a moist paper towel to remove any food residue. Top with lids, and screw on rings.
- Place a rack in the bottom of a large stockpot and fill halfway with water. Bring to a boil over high heat, then carefully lower the jars into the pot using a holder. Leave a 2 inch space between the jars.
- Pour in more boiling water if necessary until the water level is at least 1 inch above the tops of the jars. Bring the water to a full boil, cover the pot, and process for 30 minutes.
- Add more time if you are at high altitude.
- Remove the jars from the stockpot and place onto a cloth-covered or wood surface, several inches apart, until cool. Once cool, press the top of each lid with a finger, ensuring that the seal is tight (lid does not move up or down at all). Store in a cool, dark area.

## Nutrition Facts



**PROTEIN 6.1%** **FAT 1.98%** **CARBS 91.92%**

## Properties

Glycemic Index:15.76, Glycemic Load:66.21, Inflammation Score:-8, Nutrition Score:21.506521815839%

## Flavonoids

Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

## Nutrients (% of daily need)

Calories: 476.77kcal (23.84%), Fat: 1.07g (1.64%), Saturated Fat: 0.15g (0.92%), Carbohydrates: 111.21g (37.07%), Net Carbohydrates: 97.63g (35.5%), Sugar: 97.28g (108.09%), Cholesterol: 0mg (0%), Sodium: 1234.25mg (53.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.39g (14.77%), Folate: 494.62µg (123.66%), Manganese: 2.09mg (104.65%), Fiber: 13.58g (54.31%), Potassium: 1488.8mg (42.54%), Magnesium: 108.37mg (27.09%), Vitamin C: 22.28mg (27%), Iron: 3.87mg (21.52%), Phosphorus: 187.34mg (18.73%), Copper: 0.37mg (18.57%), Vitamin B6: 0.31mg (15.4%), Vitamin B2: 0.2mg (11.51%), Zinc: 1.65mg (11.01%), Calcium: 99.47mg (9.95%), Vitamin B1: 0.14mg (9.45%), Vitamin B3: 1.54mg (7.7%), Vitamin B5: 0.71mg (7.1%), Selenium: 4.22µg (6.03%), Vitamin A: 154.42IU (3.09%), Vitamin K: 2.03µg (1.94%), Vitamin E: 0.26mg (1.71%)