



Momofuku Beet Pickle



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



510 kcal

SIDE DISH

Ingredients



1 pound beets paper thin trimmed peeled sliced



1 cup granulated sugar



8 inch kombu



2 tablespoons kosher salt



1 cup rice vinegar



1 cup water

Equipment



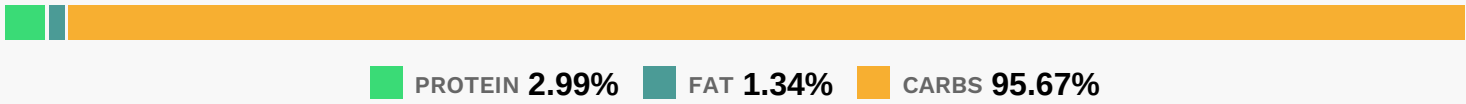
sauce pan

whisk

Directions

- Place the vinegar, sugar, water, and salt in a small saucepan, whisk to dissolve the sugar and salt, and bring to a rapid simmer.Immediately pour the brine over the beets, making sure to cover them completely but leaving 1/4 inch of room at the top of the jar.
- Let cool to room temperature, about 1 hour.Cover the jar with a tightfitting lid. Shake the jar or turn it upside down to evenly distribute the brine, then place it in the refrigerator for at least 1 day and preferably 1 week before using. (The pickled beets can be kept in the refrigerator for up to 2 months.)

Nutrition Facts



Properties

Glycemic Index:92.05, Glycemic Load:79.65, Inflammation Score:-6, Nutrition Score:12.022608881411%

Flavonoids

Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 509.84kcal (25.49%), Fat: 0.76g (1.17%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 122.31g (40.77%), Net Carbohydrates: 115.82g (42.12%), Sugar: 115.24g (128.05%), Cholesterol: 0mg (0%), Sodium: 7186.48mg (312.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.64%), Folate: 265.5µg (66.37%), Manganese: 0.86mg (42.93%), Fiber: 6.48g (25.93%), Potassium: 752.12mg (21.49%), Magnesium: 67.09mg (16.77%), Vitamin C: 11.42mg (13.84%), Iron: 2.25mg (12.51%), Copper: 0.22mg (11.11%), Phosphorus: 100.09mg (10.01%), Vitamin B6: 0.15mg (7.61%), Vitamin B2: 0.13mg (7.35%), Calcium: 69.88mg (6.99%), Vitamin K: 7.16µg (6.82%), Zinc: 0.97mg (6.48%), Vitamin B1: 0.08mg (5.03%), Vitamin B5: 0.42mg (4.17%), Selenium: 2.91µg (4.16%), Vitamin B3: 0.81mg (4.03%), Vitamin A: 86.63IU (1.73%), Vitamin E: 0.18mg (1.19%)