



Pennsylvania Dutch Pickled Beets and Eggs

 Vegetarian  Gluten Free  Dairy Free  Popular

READY IN



45 min.

SERVINGS



8

CALORIES



171 kcal

SIDE DISH

Ingredients

- 2 bay leaves
- 0.8 cup cider vinegar
- 8 eggs
- 1 pinch ground pepper black
- 1 onion chopped
- 30 2 (15 ounce) cans whole pickled beets whole canned
- 0.5 teaspoon salt
- 1 cup sugar white

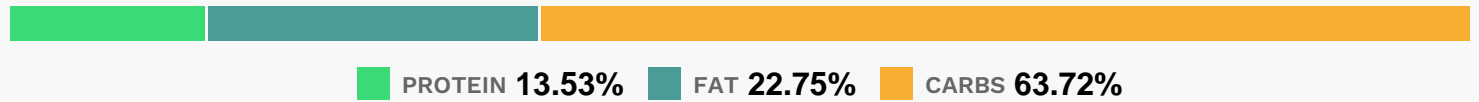
Equipment

- sauce pan

Directions

- Place eggs in saucepan and cover with water. Bring to boil. Cover, remove from heat, and let eggs sit in hot water for 10 to 12 minutes.
- Remove from hot water, cool, and peel.
- Place beets, onion, and peeled eggs in a non-reactive glass or plastic container. Set aside.
- In a medium-size, non-reactive saucepan, combine sugar, 1 cup reserved beet juice, vinegar, salt, pepper, bay leaves, and cloves. Bring to a boil, lower heat, and simmer 5 minutes.
- Pour hot liquid over beets and eggs. Cover, and refrigerate 48 hours before using.

Nutrition Facts



Properties

Glycemic Index:21.14, Glycemic Load:17.82, Inflammation Score:-1, Nutrition Score:4.7373912638944%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 170.65kcal (8.53%), Fat: 4.29g (6.59%), Saturated Fat: 1.38g (8.65%), Carbohydrates: 27.01g (9%), Net Carbohydrates: 26.7g (9.71%), Sugar: 25.99g (28.88%), Cholesterol: 163.68mg (54.56%), Sodium: 217.03mg (9.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.73g (11.47%), Selenium: 13.77µg (19.67%), Vitamin B2: 0.21mg (12.42%), Phosphorus: 93.59mg (9.36%), Vitamin B5: 0.7mg (6.97%), Vitamin B12: 0.39µg (6.53%), Folate: 24.39µg (6.1%), Vitamin D: 0.88µg (5.87%), Iron: 0.94mg (5.21%), Manganese: 0.1mg (5.08%), Vitamin A: 240.39IU (4.81%), Vitamin B6: 0.09mg (4.7%), Zinc: 0.61mg (4.08%), Vitamin E: 0.47mg (3.11%), Calcium: 30.54mg (3.05%), Potassium: 103.53mg (2.96%), Copper: 0.04mg (2.16%), Magnesium: 8.47mg (2.12%), Vitamin B1: 0.02mg (1.62%), Vitamin C: 1.17mg (1.42%), Fiber: 0.31g (1.24%)