


HEALTH SCORE 2%

Pennsylvania Dutch Pickled Eggs

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



203 kcal

SIDE DISH

Ingredients

- 1 quart beets sliced
- 1.5 cups apple cider vinegar
- 12 eggs peeled
- 1.5 cups granulated sugar
- 1 onion sliced
- 1 teaspoon salt

Equipment

- bowl

sauce pan

Directions

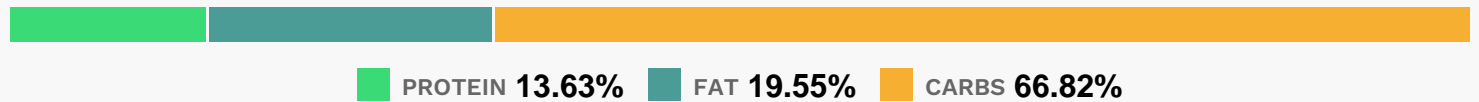
Drain liquid from the beets into saucepan.

Place beets, onions, and eggs into a large bowl or jar.

Pour sugar and vinegar into the saucepan with the beet liquid and bring the mixture to a boil. Reduce the heat to low, and let the mixture simmer 15 minutes.

Pour the beet juice mixture over the beets, eggs, and onions. Seal the bowl or jar and refrigerate. Refrigerate for at least one day; the longer they are allowed to sit the better they will taste.

Nutrition Facts



Properties

Glycemic Index:16.76, Glycemic Load:21.16, Inflammation Score:-4, Nutrition Score:8.1578260869565%

Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Taste

Sweetness: 100%, Saltiness: 47.55%, Sourness: 5.55%, Bitterness: 2.86%, Savoriness: 26.65%, Fattiness: 32.65%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 203.02kcal (10.15%), Fat: 4.41g (6.78%), Saturated Fat: 1.4g (8.76%), Carbohydrates: 33.89g (11.3%), Net Carbohydrates: 31.53g (11.46%), Sugar: 30.95g (34.39%), Cholesterol: 163.68mg (54.56%), Sodium: 319.89mg (13.91%), Protein: 6.91g (13.83%), Folate: 108.38µg (27.1%), Selenium: 14.29µg (20.41%), Manganese: 0.36mg (17.97%), Vitamin B2: 0.24mg (14.11%), Phosphorus: 123.71mg (12.37%), Potassium: 352.76mg (10.08%), Fiber: 2.36g (9.46%), Iron: 1.49mg (8.3%), Vitamin B5: 0.81mg (8.08%), Vitamin B6: 0.14mg (6.93%), Vitamin B12: 0.39µg (6.53%), Magnesium: 25.83mg (6.46%), Vitamin D: 0.88µg (5.87%), Zinc: 0.87mg (5.83%), Vitamin C: 4.54mg (5.51%), Vitamin A: 263.81IU (5.28%), Copper: 0.1mg (4.93%), Calcium: 41.83mg (4.18%), Vitamin E: 0.5mg (3.3%), Vitamin B1: 0.05mg (3.08%), Vitamin B3: 0.31mg (1.54%)