



Pickled Beets



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



108 min.

SERVINGS



4

CALORIES



255 kcal

SIDE DISH

Ingredients

- ☐ 6 medium beets with 1-inch stem remaining cleaned
- ☐ 1.5 teaspoons kosher salt
- ☐ 2 teaspoons olive oil
- ☐ 1 large onion red
- ☐ 2 sprigs rosemary
- ☐ 2 large shallots peeled
- ☐ 0.5 cup sugar
- ☐ 1 cup water

☐ 1 cup tarragon wine vinegar

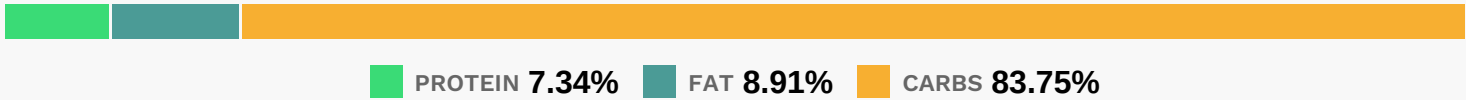
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ aluminum foil

Directions

- ☐ Remove the skin from the Roasted Beets and slice thinly. Arrange in 1-quart jars alternating layers with the onion. In a small pot boil the rest of the ingredients and pour over the beets. Tightly lid the jars and place in the refrigerator for 3 to 7 days before serving.
- ☐ Preheat oven to 400 degrees F.
- ☐ In a large bowl toss all of the ingredients.
- ☐ Place into a foil pouch and roast in the oven for 40 minutes.

Nutrition Facts



Properties

Glycemic Index:65.27, Glycemic Load:29.57, Inflammation Score:-7, Nutrition Score:13.437826078871%

Flavonoids

Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg

Nutrients (% of daily need)

Calories: 255.1kcal (12.75%), Fat: 2.56g (3.94%), Saturated Fat: 0.36g (2.26%), Carbohydrates: 54.14g (18.05%), Net Carbohydrates: 46.11g (16.77%), Sugar: 44.34g (49.26%), Cholesterol: 0mg (0%), Sodium: 1081.61mg (47.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.75g (9.49%), Folate: 287.58µg (71.89%), Manganese: 0.94mg (47.13%), Fiber: 8.03g (32.12%), Potassium: 935.13mg (26.72%), Vitamin C: 15.86mg (19.22%), Magnesium: 67.14mg (16.78%), Iron: 2.56mg (14.24%), Vitamin B6: 0.25mg (12.39%), Phosphorus: 122.29mg (12.23%), Copper: 0.23mg

(11.56%), Vitamin B2: 0.12mg (6.88%), Zinc: 1.02mg (6.8%), Vitamin B1: 0.1mg (6.63%), Calcium: 58.56mg (5.86%),
Vitamin B5: 0.47mg (4.65%), Vitamin B3: 0.91mg (4.55%), Selenium: 2.23µg (3.18%), Vitamin E: 0.4mg (2.67%),
Vitamin K: 1.92µg (1.83%), Vitamin A: 86.76IU (1.74%)