



Pickled Beets



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



424 kcal

SIDE DISH

Ingredients

- 8 pounds beets fresh
- 1 teaspoon ground allspice
- 1 tablespoon ground cinnamon
- 1 teaspoon ground cloves
- 4 lemons sliced
- 2 cups sugar
- 3 cups water
- 3 cups vinegar white

Equipment

- sauce pan
- dutch oven

Directions

- Cook beets in water to cover in a large Dutch oven over medium-high heat 30 to 35 minutes or until tender.
- Drain and peel. (If beets are too large for jars, cut into pieces.)
- Bring 3 cups water and next 6 ingredients to a boil in a large heavy saucepan. Cover, reduce heat, and simmer, stirring occasionally, 10 minutes.
- Pack hot beets loosely into jars, filling to 1/2 inch from top. Cover beets with hot syrup.
- Remove air bubbles; wipe jar rims. Cover at once with metal lids; screw on bands.
- Process in boiling-water bath 30 minutes.

Nutrition Facts



Properties

Glycemic Index:28.7, Glycemic Load:55.48, Inflammation Score:-8, Nutrition Score:23.564782277397%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 2.7mg, Luteolin: 2.7mg, Luteolin: 2.7mg, Luteolin: 2.7mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 424.23kcal (21.21%), Fat: 1.16g (1.78%), Saturated Fat: 0.16g (1.02%), Carbohydrates: 99.38g (33.13%), Net Carbohydrates: 84.5g (30.73%), Sugar: 81.98g (91.09%), Cholesterol: 0mg (0%), Sodium: 362.72mg (15.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.97g (15.93%), Folate: 500.57µg (125.14%), Manganese: 1.9mg (94.77%), Vitamin C: 50.98mg (61.8%), Fiber: 14.88g (59.53%), Potassium: 1561.08mg (44.6%), Magnesium: 112.07mg (28.02%), Iron: 4.14mg (22.98%), Phosphorus: 195.08mg (19.51%), Copper: 0.39mg (19.46%), Vitamin B6:

0.35mg (17.51%), Vitamin B2: 0.2mg (11.93%), Zinc: 1.67mg (11.13%), Calcium: 108.77mg (10.88%), Vitamin B1: 0.16mg (10.87%), Vitamin B5: 0.81mg (8.11%), Vitamin B3: 1.59mg (7.97%), Selenium: 4.22µg (6.04%), Vitamin A: 166.27IU (3.33%), Vitamin E: 0.31mg (2.05%), Vitamin K: 1.57µg (1.5%)