



Pickled Beets with Star Anise



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



300 kcal

SIDE DISH

Ingredients

- ☐ 20 inch beets
- ☐ 0.8 cup wine dry red
- ☐ 1.5 teaspoons kosher salt
- ☐ 0.8 cup red wine vinegar
- ☐ 3 star anise whole
- ☐ 0.5 cup sugar

Equipment

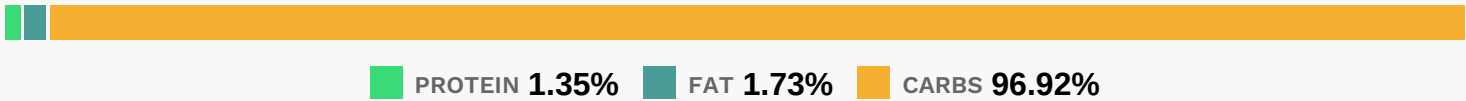
- ☐ sauce pan

☐ pot

Directions

- ☐ Trim green tops from beets, leaving 1 inch of stems attached (do not trim root end).
- ☐ Place beets in a large pot.
- ☐ Add water to cover by 2 inches. Boil until beets are tender, about 1 hour.
- ☐ Drain and rinse under cold water to cool. Peel and trim beets.
- ☐ Cut into quarters. Pack into a clean, hot 1-quart jar.
- ☐ Meanwhile, bring vinegar and remaining ingredients to a boil in a small saucepan over high heat, stirring until sugar is dissolved.
- ☐ Remove from heat, cover, and let syrup steep for 1 hour.
- ☐ Remove star anise from syrup and return to a boil over high heat.
- ☐ Pour syrup over beets, leaving 1/2 inch space on top. Shake to dislodge any air pockets. Wipe rim, seal, and process jar in a boiling water bath for 30 minutes. Allow at least a week to pickle before eating.

Nutrition Facts



Properties

Glycemic Index:69.55, Glycemic Load:36.03, Inflammation Score:-4, Nutrition Score:2.1391304496514%

Flavonoids

Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg Delphinidin: 3.76mg, Delphinidin: 3.76mg, Delphinidin: 3.76mg, Delphinidin: 3.76mg Malvidin: 23.62mg, Malvidin: 23.62mg, Malvidin: 23.62mg, Malvidin: 23.62mg Peonidin: 1.66mg, Peonidin: 1.66mg, Peonidin: 1.66mg, Peonidin: 1.66mg Catechin: 6.93mg, Catechin: 6.93mg, Catechin: 6.93mg Epicatechin: 9.59mg, Epicatechin: 9.59mg, Epicatechin: 9.59mg, Epicatechin: 9.59mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 300.21kcal (15.01%), Fat: 0.44g (0.68%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 55.56g (18.52%), Net Carbohydrates: 54.63g (19.87%), Sugar: 51.62g (57.35%), Cholesterol: 0mg (0%), Sodium: 1771.83mg (77.04%), Alcohol: 9.45g (100%), Alcohol %: 4.59% (100%), Protein: 0.77g (1.54%), Manganese: 0.17mg (8.29%), Folate: 27.84µg (6.96%), Iron: 1.2mg (6.67%), Potassium: 140.48mg (4.01%), Fiber: 0.93g (3.72%), Magnesium: 12.02mg (3.01%), Vitamin C: 2.01mg (2.43%), Phosphorus: 23.93mg (2.39%), Copper: 0.05mg (2.33%), Calcium: 20.71mg (2.07%), Vitamin B2: 0.02mg (1.41%), Zinc: 0.2mg (1.37%), Vitamin B6: 0.03mg (1.34%)