



Pickled golden beetroot



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



138 kcal

SIDE DISH

Ingredients

- ☐ 1 kg beets
- ☐ 200 g sugar
- ☐ 300 ml citrus champagne vinegar
- ☐ 3 cloves
- ☐ 2 allspice
- ☐ 2 bay leaves
- ☐ 1 tbsp olive oil

Equipment

- ☐ sauce pan
- ☐ knife

Directions

- ☐ Boil the beetroot for 15 mins until the point of a sharp knife is easily inserted, then leave to cool.
- ☐ Drain, remove the stalks and peel the beetroot, then thickly slice and pack into a large sterilised Kilner jar (see tip below).
- ☐ Tip the sugar, vinegar, 200ml cold water, the spices and bay leaves into a saucepan and bring to the boil. Reduce to a simmer and bubble gently, stirring, for 2 mins until the sugar has dissolved.
- ☐ Carefully pour the hot vinegar mixture over the beetroot (you might not need it all), including the spices and bay, then leave to cool, uncovered. Once cool, pour over the olive oil, seal the jar and keep in the fridge for up to a month.

Nutrition Facts



Properties

Glycemic Index:14.91, Glycemic Load:18.29, Inflammation Score:-3, Nutrition Score:4.9291304323984%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 138.41kcal (6.92%), Fat: 1.65g (2.53%), Saturated Fat: 0.22g (1.4%), Carbohydrates: 29.63g (9.88%), Net Carbohydrates: 26.8g (9.75%), Sugar: 26.72g (29.69%), Cholesterol: 0mg (0%), Sodium: 80.84mg (3.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.26%), Folate: 109.06µg (27.26%), Manganese: 0.38mg (19.1%), Fiber: 2.83g (11.32%), Potassium: 338.16mg (9.66%), Vitamin C: 5.07mg (6.14%), Magnesium: 24.42mg (6.1%), Iron: 0.97mg (5.4%), Phosphorus: 42.53mg (4.25%), Copper: 0.08mg (3.99%), Vitamin B6: 0.07mg (3.38%), Vitamin B2: 0.04mg (2.59%), Zinc: 0.36mg (2.42%), Vitamin B1: 0.03mg (2.07%), Calcium: 18.71mg (1.87%), Vitamin B3: 0.34mg (1.68%), Vitamin E: 0.25mg (1.65%), Vitamin B5: 0.16mg (1.55%), Selenium: 0.83µg (1.18%), Vitamin K: 1.13µg (1.07%)