



Pickled Umeboshi Beets



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



100 min.

SERVINGS



8

CALORIES



37 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds beets
- ☐ 2 tablespoons rice vinegar
- ☐ 8 frangelico (Japanese pickled plums)
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Equipment

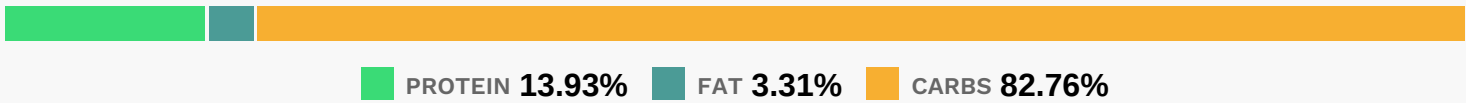
- ☐ bowl
- ☐ baking sheet
- ☐ oven

☐ aluminum foil

Directions

- ☐ Preheat oven to 475°F. Wrap beets in foil;place on a rimmed baking sheet androast until tender, 1–1 1/4 hours. Unwrap; letcool slightly.
- ☐ Remove skin, then cut beetsinto wedges.
- ☐ Place in a small bowl,add umeboshi and vinegar, and toss to coat.
- ☐ DO AHEAD: Beets can be made 5 daysahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:3.68, Inflammation Score:-3, Nutrition Score:3.8965217736752%

Flavonoids

Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 37.29kcal (1.86%), Fat: 0.14g (0.22%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 8.13g (2.71%), Net Carbohydrates: 5.75g (2.09%), Sugar: 5.75g (6.39%), Cholesterol: 0mg (0%), Sodium: 66.42mg (2.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.74%), Folate: 92.7µg (23.18%), Manganese: 0.28mg (14.1%), Fiber: 2.38g (9.53%), Potassium: 276.49mg (7.9%), Vitamin C: 4.17mg (5.05%), Magnesium: 19.6mg (4.9%), Iron: 0.68mg (3.79%), Phosphorus: 34.18mg (3.42%), Copper: 0.06mg (3.2%), Vitamin B6: 0.06mg (2.85%), Vitamin B2: 0.03mg (2%), Zinc: 0.3mg (1.99%), Vitamin B1: 0.03mg (1.76%), Vitamin B3: 0.28mg (1.42%), Calcium: 13.85mg (1.38%), Vitamin B5: 0.13mg (1.32%)