



Rosé and Raspberry Pickled Beets



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



492 min.

SERVINGS



8

CALORIES



151 kcal

SIDE DISH

Ingredients

- ☐ 1 pound beets red (2)
- ☐ 1 tablespoon peppercorns whole black
- ☐ 2 teaspoons kosher salt
- ☐ 1.5 cups raspberries fresh
- ☐ 0.3 cup red wine vinegar
- ☐ 0.8 cup sugar
- ☐ 4 thyme sprigs
- ☐ 1.5 cups cooking wine dry

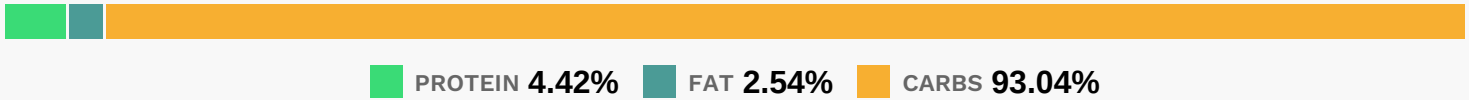
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 42
- ☐ Leave root and 1 inch stem on beets; scrub with a brush.
- ☐ Place beets in an 8-inch square glass or ceramic baking dish; add water to a depth of 2 inches. Cover with foil; bake at 425 for 50 minutes or until just tender.
- ☐ Drain and cool. Peel beets; cut into 1-inch wedges.
- ☐ Place beets in a large heatproof glass jar or bowl with peppercorns and thyme.
- ☐ Combine raspberries and remaining ingredients in a medium saucepan. Bring to a simmer; cook 4 minutes, stirring occasionally, until sugar dissolves and raspberries begin to break down. Strain raspberry mixture through a fine sieve over a bowl; discard solids.
- ☐ Pour hot raspberry liquid over beet mixture; cover and chill at least 8 hours or overnight.

Nutrition Facts



Properties

Glycemic Index:31.51, Glycemic Load:16.22, Inflammation Score:-6, Nutrition Score:5.445217402085%

Flavonoids

Cyanidin: 10.3mg, Cyanidin: 10.3mg, Cyanidin: 10.3mg, Cyanidin: 10.3mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.22mg, Pelargonidin:

0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 151.15kcal (7.56%), Fat: 0.35g (0.54%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 28.95g (9.65%), Net Carbohydrates: 25.51g (9.28%), Sugar: 23.9g (26.56%), Cholesterol: 0mg (0%), Sodium: 629.35mg (27.36%), Alcohol: 4.68g (100%), Alcohol %: 3.8% (100%), Protein: 1.38g (2.75%), Manganese: 0.57mg (28.4%), Folate: 67.41µg (16.85%), Fiber: 3.44g (13.75%), Vitamin C: 9.52mg (11.54%), Potassium: 286.83mg (8.2%), Magnesium: 26.29mg (6.57%), Iron: 1.04mg (5.8%), Copper: 0.09mg (4.4%), Phosphorus: 41.51mg (4.15%), Vitamin B6: 0.08mg (4%), Vitamin K: 3.91µg (3.73%), Vitamin B2: 0.05mg (2.93%), Calcium: 27mg (2.7%), Zinc: 0.38mg (2.54%), Vitamin B3: 0.42mg (2.11%), Vitamin B5: 0.2mg (1.98%), Vitamin B1: 0.03mg (1.91%), Vitamin E: 0.23mg (1.54%), Vitamin A: 56.73IU (1.13%), Selenium: 0.71µg (1.01%)