

Sweet and Sour Pickled Beets

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



1

CALORIES



687 kcal

SIDE DISH

Ingredients

- 0.5 cup apple cider vinegar
- 15 ounce beets with liquid reserved drained sliced canned
- 1 pinch ground cinnamon
- 1 pinch salt
- 0.5 cup sugar white

Equipment

- sauce pan
- tongs

Directions

- In a saucepan, combine the liquid from the beets, vinegar, sugar, cloves, cinnamon and salt. Stir to dissolve the sugar and bring to a boil. Simmer over medium heat for 5 minutes.
- Add the beets and simmer for 5 more minutes. Use tongs to transfer the beets to a jar.
- Pour the liquid over them to cover. Cover and cool to room temperature. Refrigerate until serving.

Nutrition Facts

PROTEIN 1.95% **FAT 0.85%** **CARBS 97.2%**

Properties

Glycemic Index:115.09, Glycemic Load:70.26, Inflammation Score:-5, Nutrition Score:11.43652166491%

Nutrients (% of daily need)

Calories: 687kcal (34.35%), Fat: 0.66g (1.02%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 170.19g (56.73%), Net Carbohydrates: 166.68g (60.61%), Sugar: 147.06g (163.4%), Cholesterol: 0mg (0%), Sodium: 679.36mg (29.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.82%), Manganese: 1.27mg (63.61%), Folate: 114.83µg (28.71%), Copper: 0.51mg (25.53%), Magnesium: 69.88mg (17.47%), Potassium: 579.13mg (16.55%), Fiber: 3.51g (14.03%), Vitamin B2: 0.22mg (13.13%), Vitamin C: 9.79mg (11.86%), Iron: 2.05mg (11.39%), Vitamin B6: 0.21mg (10.65%), Phosphorus: 81.98mg (8.2%), Zinc: 1.17mg (7.78%), Selenium: 4.98µg (7.11%), Vitamin B5: 0.58mg (5.83%), Calcium: 58.17mg (5.82%), Vitamin B3: 1.07mg (5.35%), Vitamin A: 208.96IU (4.18%), Vitamin B1: 0.04mg (2.84%), Vitamin E: 0.26mg (1.73%), Vitamin K: 1.34µg (1.27%)