

Pickled Fresh Beets and Eggs

Recipe Type: Side Dish

Serves: 3

Prep Time: 15 minutes

Cooking Time: 1 hour

C means cup T means tablespoon t means teaspoon oz means ounce

What you need:

- 1 large jar with a tight fitting lid
- 1 C apple cider vinegar
- 1 C apple juice
- 1 T sugar
- 1/2 t salt
- 1/2 t ground black pepper
- 4 or 5 fresh medium size beets, peeled and cut in half
- 3 hard-boiled eggs, peeled



This is a picture of 1 serving.

What to do:

1. Wash your hands.
2. Put the cider vinegar, apple juice, sugar, salt, and pepper in the jar.
3. Boil the beets for 40 minutes or until they are soft. Save 1 C of the water.
4. Add 1 C of the saved beet water to the jar.
5. Put the lid on and shake well.
6. Cut the beets into small pieces.
7. Add the beets and eggs to the jar and screw on the lid.
8. Refrigerate for 2 days before serving.

Nutrition Facts

Serving Size 1 Cup

Amount Per Serving

Calories 200 Calories from Fat 40

%Daily Value*

Total Fat 4 g 6%

Saturated Fat 1 g 5%

Trans Fat 0 g

Cholesterol 180 mg 60%

Sodium 240 mg 10%

Total Carbohydrate 37 g 12%

Dietary Fiber 3 g 12%

Sugars 20 g

Protein 8 g

Vitamin C 8%

Calcium 2%

*** Percent Daily Values are based on a 2,000 calorie diet.**

FK=3.0