

# Beet Pickled Eggs

Yield: 6 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-beet-juice-recipe>

## Ingredients:

- 6 hard boiled eggs peeled
- 1 beet large, peeled and cut into 1-inch sized pieces
- 1 cup beet juice
- 1 cup cider vinegar
- 1 shallot large, or small yellow onion, sliced
- 2 cloves garlic sliced
- 1/3 cup granulated sugar
- 5 cardamom pods
- 3 whole cloves
- 1 star anise
- 6 hard boiled eggs peeled

## Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 425 milligrams
4. Fat: 12 grams
5. Fiber: 3 grams
6. Protein: 15 grams
7. SaturatedFat: 3 grams
8. Sodium: 150 milligrams
9. Sugar: 15 grams

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