

# Pickled Beets

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-pickled-beets-recipe>

## Ingredients:

- 1 bunch beets 4 or 5
- 1/4 cup cider vinegar
- 1 tablespoon sugar
- 1 tablespoon olive oil
- 1/2 teaspoon dry mustard
- salt
- pepper

## Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 17 grams
3. Fat: 3.5 grams
4. Fiber: 4 grams
5. Protein: 3 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 290 milligrams
8. Sugar: 12 grams

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