



 **81%**
HEALTH SCORE

Basic Napa Cabbage Kimchi (Kimchee)

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



5065 min.

SERVINGS



3

CALORIES



180 kcal

SIDE DISH

Ingredients

- 8 ounces daikon radish peeled cut into 2-inch matchsticks
- 0.3 cup fish sauce
- 0.3 cup ginger fresh minced peeled (from a 2-ounce piece)
- 1 tablespoon garlic clove minced (from 6 to 8 medium cloves)
- 1.5 teaspoons granulated sugar
- 0.5 cup kosher salt
- 2 pound napa cabbage
- 0.3 cup ground pepper red

- 4 medium spring onion ends trimmed cut into 1-inch pieces (use all parts)
- 2 teaspoons shrimp salted minced
- 12 cups water cold as needed plus more

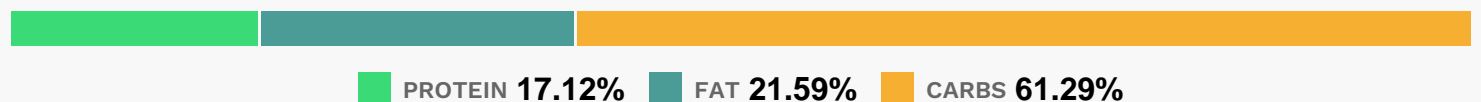
Equipment

- bowl
- baking sheet
- plastic wrap
- colander

Directions

- Cut the cabbage in half lengthwise, then crosswise into 2-inch pieces, discarding the root end.
- Place in a large bowl, sprinkle with the salt, and toss with your hands until the cabbage is coated.
- Add enough cold water to just cover (about 12 cups), making sure the cabbage is submerged (it's OK if a few leaves break the surface). Cover with plastic wrap or a baking sheet and let sit at room temperature at least 12 hours and up to 24 hours.
- Place a colander in the sink, drain the cabbage, and rinse with cold water. Gently squeeze out the excess liquid and transfer to a medium bowl; set aside.
- Place the remaining ingredients in a large bowl and stir to combine.
- Add the cabbage and toss with your hands until evenly combined and the cabbage is thoroughly coated with the mixture. Pack the mixture tightly into a clean 2-quart or 2-liter glass jar with a tightfitting lid and seal the jar.
- Let sit in a cool, dark place for 24 hours (the mixture may bubble). Open the jar to let the gases escape, then reseal and refrigerate at least 48 hours before eating (kimchi is best after fermenting about 1 week). Refrigerate for up to 1 month.

Nutrition Facts



Properties

Glycemic Index:81.03, Glycemic Load:7.18, Inflammation Score:-10, Nutrition Score:39.350000122319%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 179.62kcal (8.98%), Fat: 5.36g (8.24%), Saturated Fat: 1.04g (6.49%), Carbohydrates: 34.22g (11.41%), Net Carbohydrates: 21.5g (7.82%), Sugar: 12.2g (13.56%), Cholesterol: 5.29mg (1.76%), Sodium: 20486.81mg (890.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.56g (19.12%), Vitamin A: 12101.83IU (242.04%), Vitamin K: 192.52µg (183.35%), Vitamin C: 123.45mg (149.64%), Folate: 311.54µg (77.89%), Vitamin B6: 1.51mg (75.75%), Manganese: 1.32mg (65.94%), Vitamin E: 8.34mg (55.58%), Fiber: 12.72g (50.9%), Potassium: 1588.12mg (45.37%), Calcium: 363.17mg (36.32%), Magnesium: 144.4mg (36.1%), Copper: 0.53mg (26.26%), Vitamin B2: 0.44mg (25.94%), Iron: 4.01mg (22.27%), Vitamin B3: 4.28mg (21.39%), Phosphorus: 204.69mg (20.47%), Vitamin B1: 0.24mg (16.2%), Zinc: 1.82mg (12.15%), Selenium: 7.03µg (10.05%), Vitamin B5: 0.49mg (4.92%), Vitamin B12: 0.09µg (1.55%)