



## Bean Sprout Kimchi

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



107 kcal

SIDE DISH

### Ingredients

- 1 pound bean sprouts rinsed ( )
- 1 carrots shredded ( )
- 4 servings coarse grained salt
- 1 pound daikon radish shredded peeled ( and )
- 3 tablespoons fish sauce for a vegetarian version (or soy sauce )
- 1 tablespoon garlic grated ( )
- 1 tablespoon ginger grated ( )
- 4 green onions cleaned trimmed cut into 2 inch length)

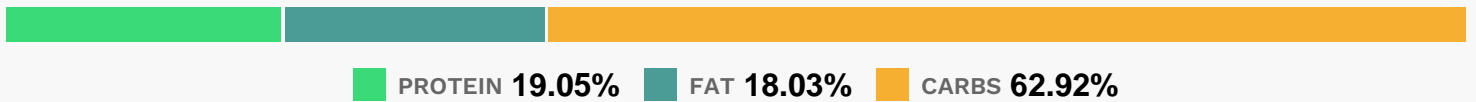
- 0.5 asian pear grated ()
- 1 teaspoon sesame oil
- 1 tablespoon sesame seed toasted ()

## Equipment

## Directions

- Salt the radish, let sit for 30 minutes, rinse and squeeze dry.
- Parboil the bean sprouts in 1/4 cup water, covered, for 4 minutes, drain and let cool.
- Mix everything with your hands until well combined.
- Enjoy fresh or let it sit at room temperature for a half a day to let fermentation start.
- Store in fridge and enjoy chilled.

## Nutrition Facts



## Properties

Glycemic Index:56.9, Glycemic Load:2.87, Inflammation Score:-9, Nutrition Score:17.605217524197%

## Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

## Nutrients (% of daily need)

Calories: 106.61kcal (5.33%), Fat: 2.43g (3.73%), Saturated Fat: 0.39g (2.42%), Carbohydrates: 19.04g (6.35%), Net Carbohydrates: 13.44g (4.89%), Sugar: 11.24g (12.49%), Cholesterol: 0mg (0%), Sodium: 1297.61mg (56.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.77g (11.53%), Vitamin K: 65.77µg (62.63%), Vitamin C: 44.81mg (54.31%), Vitamin A: 2698.66IU (53.97%), Folate: 122.14µg (30.53%), Copper: 0.45mg (22.5%), Fiber: 5.6g (22.39%), Manganese: 0.43mg (21.33%), Magnesium: 79.65mg (19.91%), Potassium: 597.67mg (17.08%), Vitamin B6: 0.28mg

(14.18%), Iron: 2.19mg (12.17%), Vitamin B2: 0.2mg (11.94%), Phosphorus: 116.94mg (11.69%), Vitamin B1: 0.16mg (10.61%), Calcium: 90.36mg (9.04%), Vitamin B3: 1.75mg (8.77%), Vitamin B5: 0.68mg (6.81%), Zinc: 0.95mg (6.35%), Selenium: 3.8µg (5.42%), Vitamin E: 0.33mg (2.21%), Vitamin B12: 0.06µg (1.08%)