



Brussels Sprout Kimchi



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



144 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds brussels sprouts trimmed halved
- ☐ 2 teaspoons coriander seeds crushed
- ☐ 2 teaspoons fennel seeds crushed
- ☐ 2 tablespoons fish sauce (such as nam pla or nuoc nam)
- ☐ 4 garlic clove
- ☐ 1 tablespoon ginger grated peeled
- ☐ 0.3 cup ground pepper red (coarse Korean pepper powder)
- ☐ 3.5 ounces kosher salt

- ☐ 0.5 small onion coarsely chopped
- ☐ 2 spring onion sliced
- ☐ 1 tablespoon soya sauce
- ☐ 2 tablespoons sriracha

Equipment

- ☐ food processor
- ☐ bowl
- ☐ whisk
- ☐ canning jar

Directions

- ☐ Combine 3.5 ounces salt and 2 quarts warm water in a large bowl, whisking to dissolve salt.
- ☐ Add brussels sprouts and top with a plate to keep brussels sprouts submerged.
- ☐ Let sit at room temperature 4 hours; drain. Rinse, drain, and place in a large bowl.
- ☐ Pulse onion, scallions, garlic, gochugaru, fish sauce, Sriracha, ginger, soy sauce, and coriander and fennel seeds in a food processor until smooth.
- ☐ Add to bowl with brussels sprouts and toss.
- ☐ Transfer to two 32-ounce canning jars, packing down to eliminate air gaps.
- ☐ Combine remaining .7 ounce salt and 1 quart warm water in a large bowl, whisking to dissolve salt.
- ☐ Add pickling liquid to jars to cover brussels sprouts, leaving at least 1" headspace. Cover jars with lids.
- ☐ Let sit out of direct sunlight at room temperature until kimchi tastes tangy and releases bubbles when stirred, 3–5 days. Chill.
- ☐ DO AHEAD: Kimchi can be made 2 months ahead (flavor will deepen). Keep chilled.
- ☐ calories, 0 fat, 2 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:45.75, Glycemic Load:4.82, Inflammation Score:-10, Nutrition Score:31.200434778048%

Flavonoids

Naringenin: 5.6mg, Naringenin: 5.6mg, Naringenin: 5.6mg, Naringenin: 5.6mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg

Nutrients (% of daily need)

Calories: 144.45kcal (7.22%), Fat: 3.47g (5.34%), Saturated Fat: 0.62g (3.86%), Carbohydrates: 27.92g (9.31%), Net Carbohydrates: 16.16g (5.88%), Sugar: 6.33g (7.03%), Cholesterol: 0mg (0%), Sodium: 10794.15mg (469.31%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 9.2g (18.39%), Vitamin K: 325.61µg (310.1%), Vitamin C: 164.01mg (198.79%), Vitamin A: 7508.52IU (150.17%), Manganese: 1.1mg (54.99%), Fiber: 11.76g (47.04%), Vitamin B6: 0.85mg (42.42%), Vitamin E: 5.96mg (39.71%), Folate: 131.01µg (32.75%), Potassium: 1084.53mg (30.99%), Iron: 4.34mg (24.12%), Magnesium: 90.45mg (22.61%), Vitamin B1: 0.31mg (20.75%), Vitamin B2: 0.32mg (19.05%), Phosphorus: 186.79mg (18.68%), Vitamin B3: 3.11mg (15.57%), Calcium: 135.66mg (13.57%), Copper: 0.24mg (11.79%), Zinc: 1.31mg (8.76%), Selenium: 5.68µg (8.12%), Vitamin B5: 0.6mg (5.97%)