



## Chinese-Korean Cucumber Kimchi

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



180 min.

SERVINGS



10

CALORIES



80 kcal

SIDE DISH

### Ingredients

- 1 tablespoon chili oil hot
- 2 tablespoons chili sauce (toban djan)
- 5 cucumber peeled cut into 1/2 x1 1/2 inch sticks
- 5 cloves garlic crushed sliced
- 1 small onion sliced
- 8 inch to 5 chillies fresh red hot sliced
- 0.5 cup sea salt
- 1 cup water

0.5 cup granulated sugar white

0.5 cup vinegar white

## Equipment

bowl

sauce pan

whisk

## Directions

Mix the cucumbers and sea salt together in a bowl, let stand for 30 minutes to let the cucumbers soften.

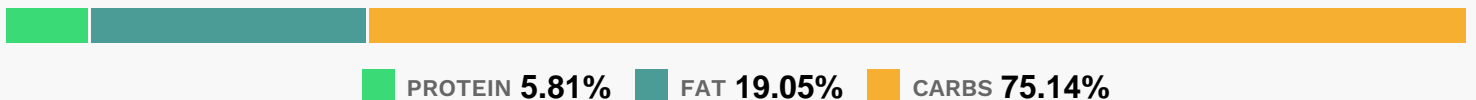
Drain, and rinse with fresh water.

While the cucumbers are standing in salt, whisk together the sugar, vinegar, and water in a saucepan; bring to a boil. Reduce heat, and stir in the chili bean sauce and hot chili oil.

Mix the cucumbers with sliced chiles, onion, and garlic in a heatproof airtight container, and pour the hot vinegar mixture over the vegetables. Cover and refrigerate for 2 to 3 hours to blend the flavors.

Serve chilled.

## Nutrition Facts



## Properties

Glycemic Index:23.71, Glycemic Load:7.66, Inflammation Score:-3, Nutrition Score:4.143913085046%

## Flavonoids

Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

## Nutrients (% of daily need)

Calories: 79.78kcal (3.99%), Fat: 1.7g (2.62%), Saturated Fat: 0.22g (1.37%), Carbohydrates: 15.13g (5.04%), Net Carbohydrates: 13.83g (5.03%), Sugar: 12.87g (14.3%), Cholesterol: 0mg (0%), Sodium: 5704.15mg (248.01%),

Alcohol: Og (100%), Protein: 1.17g (2.34%), Vitamin K: 12.14µg (11.56%), Vitamin C: 9.19mg (11.13%), Manganese: 0.17mg (8.47%), Potassium: 239.51mg (6.84%), Copper: 0.13mg (6.49%), Vitamin B6: 0.12mg (5.93%), Folate: 23.11µg (5.78%), Fiber: 1.3g (5.21%), Magnesium: 20.41mg (5.1%), Phosphorus: 38.77mg (3.88%), Vitamin B5: 0.38mg (3.82%), Vitamin B1: 0.06mg (3.79%), Calcium: 31.3mg (3.13%), Vitamin A: 148.02IU (2.96%), Vitamin B2: 0.05mg (2.75%), Iron: 0.48mg (2.67%), Vitamin E: 0.32mg (2.14%), Zinc: 0.31mg (2.09%)