



## Cucumber Kimchi (Oi Gimchi)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



153 kcal

SIDE DISH

### Ingredients

- 0.3 cup to-ban-jan
- 6 cloves garlic minced
- 5 spring onion cut into 1/2-inch lengths
- 1 tablespoon kosher salt
- 0.5 bunch leek cut into 1/2-inch lengths (buchu)
- 0.5 onion diced
- 10 cucumber
- 1 teaspoon sugar

- 0.3 cup salt
- 4.3 cups water

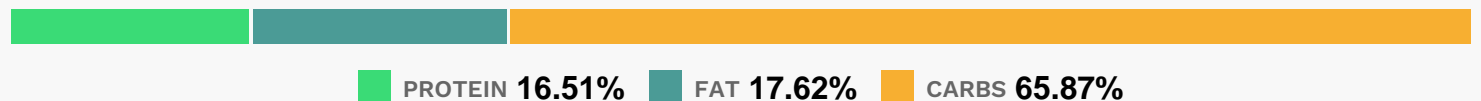
## Equipment

- bowl

## Directions

- Cut the cucumbers lengthwise into quarters and place in a large bowl. Dissolve the table salt in 4 cups of the water and pour over the cucumbers. Soak the cucumbers for about 20 minutes.
- Combine the garlic, onion, Korean leeks, green onions, chile powder, and sea salt in another large bowl.
- Remove the cucumbers from the salt water and rinse.
- Add the cucumbers to the spicy mixture and mix until the cucumbers are all well coated. Stuff the cucumbers into a 1/2-gallon glass jar, pressing firmly until filled.
- Dissolve the sugar in the remaining 1/3 cup water and pour over the cucumbers. Cover tightly.
- Let sit in a cool, dark place for 2 to 3 days before opening to see if it's ripe. The cucumbers should be sour and have absorbed the salt and flavors of the seasoning. Refrigerate after opening. It will keep for almost 2 weeks in the refrigerator.
- From Quick & Easy Korean Cooking by Cecilia Hae-Jin Lee. Text copyright © 2009 by Cecilia Hae-Jin Lee. Photographs copyright © 2009 by Julie Toy. Published by Chronicle Books.

## Nutrition Facts



## Properties

Glycemic Index:51.52, Glycemic Load:3.28, Inflammation Score:-10, Nutrition Score:30.335652330647%

## Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

## Nutrients (% of daily need)

Calories: 152.63kcal (7.63%), Fat: 3.38g (5.2%), Saturated Fat: 0.48g (2.98%), Carbohydrates: 28.44g (9.48%), Net Carbohydrates: 17.32g (6.3%), Sugar: 13.39g (14.88%), Cholesterol: 0mg (0%), Sodium: 11449.29mg (497.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.13g (14.26%), Vitamin A: 5076.58IU (101.53%), Vitamin K: 100.87µg (96.07%), Manganese: 0.95mg (47.27%), Fiber: 11.12g (44.47%), Potassium: 1390.41mg (39.73%), Vitamin E: 5.95mg (39.7%), Vitamin B6: 0.77mg (38.69%), Copper: 0.76mg (38.08%), Vitamin C: 29.36mg (35.59%), Folate: 121.57µg (30.39%), Magnesium: 120.42mg (30.1%), Iron: 4.63mg (25.74%), Phosphorus: 218.33mg (21.83%), Vitamin B2: 0.35mg (20.43%), Vitamin B5: 1.99mg (19.86%), Vitamin B1: 0.29mg (19.54%), Calcium: 190.6mg (19.06%), Zinc: 2.1mg (14%), Vitamin B3: 2.12mg (10.6%), Selenium: 4.6µg (6.57%)