



Dinner Tonight: Zen's Kimchi Jjigae



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



335 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 teaspoons pepper black
- ☐ 2 cloves garlic sliced
- ☐ 1 tablespoon ginger minced
- ☐ 0.5 pound kimchi chopped
- ☐ 1 large onion thinly sliced
- ☐ 0.5 pound pork belly skinless cut into 1 inch pieces
- ☐ 4 servings salt
- ☐ 4 spring onion chopped

- ☐ 2 teaspoons sugar
- ☐ 6 cups water

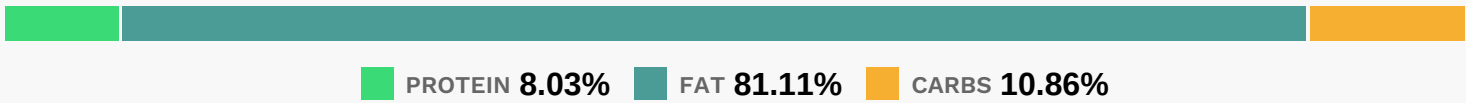
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Place a large pot over medium high heat. When nice and hot, dump in the pork belly and brown quickly on all sides.
- ☐ Remove the pork, and then add the onions. There should be enough fat in the pan to cook the onions, if not add a little peanut oil. Cook the onion slices until they begin to brown, about 8-10 minutes.
- ☐ Add the ginger, garlic, kimchi, and scallions. Cook, stirring occasionally, for a few minutes or until very fragrant.
- ☐ Pour in the 6 cups of water and return the pork to the pot. Bring to a boil and let cook for 5 minutes.
- ☐ Add the sugar and black pepper and stir. Season with salt if needed.
- ☐ Serve piping hot with some white rice.

Nutrition Facts



Properties

Glycemic Index:51.52, Glycemic Load:2.66, Inflammation Score:-4, Nutrition Score:10.007826089859%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.92mg, Quercetin: 8.92mg, Quercetin: 8.92mg, Quercetin: 8.92mg

Nutrients (% of daily need)

Calories: 334.89kcal (16.74%), Fat: 30.46g (46.86%), Saturated Fat: 11.04g (68.98%), Carbohydrates: 9.18g (3.06%), Net Carbohydrates: 7.01g (2.55%), Sugar: 4.52g (5.02%), Cholesterol: 40.82mg (13.61%), Sodium: 516.16mg (22.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.78g (13.57%), Vitamin K: 51.38µg (48.93%), Vitamin B1: 0.26mg (17.24%), Vitamin B3: 3.4mg (17%), Vitamin B2: 0.28mg (16.5%), Vitamin B6: 0.27mg (13.56%), Iron: 2.1mg (11.69%), Manganese: 0.23mg (11.41%), Folate: 45.26µg (11.32%), Phosphorus: 94.63mg (9.46%), Potassium: 305.03mg (8.72%), Fiber: 2.18g (8.7%), Vitamin B12: 0.48µg (7.94%), Selenium: 5.37µg (7.67%), Copper: 0.15mg (7.32%), Vitamin C: 5.76mg (6.98%), Zinc: 0.89mg (5.9%), Calcium: 57.02mg (5.7%), Magnesium: 22.75mg (5.69%), Vitamin A: 184.4IU (3.69%), Vitamin E: 0.37mg (2.49%), Vitamin B5: 0.23mg (2.27%)