



## Home-made Baechu Kimchi



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



3060 min.

SERVINGS



2

CALORIES



751 kcal

SIDE DISH

### Ingredients



2 carrots julienned



1 bulb garlic



1 thumb size ginger



2.3 kg chinese/ napa cabbage



1 small onion



0.5 pears



0.5 radishes julienned



1 cup korean pepper flakes hot to taste (or )

- ☐ 0.3 cup glutinous rice flour
- ☐ 0.5 cup salt
- ☐ 1 cup spring onion cut into 1-inch in length
- ☐ 2 Tbs sugar
- ☐ 5 Tbs thai fish sauce to taste (or )
- ☐ 0.5 cup water

Equipment

Directions

- ☐ Cut the cabbage lengthwise into quarters and remove the cores. Chop it up into bite size pieces.

Nutrition Facts



Properties

Glycemic Index:202.34, Glycemic Load:36.61, Inflammation Score:-10, Nutrition Score:77.101304240849%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Pelargonidin: 0.63mg, Pelargonidin: 0.63mg, Pelargonidin: 0.63mg, Pelargonidin: 0.63mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 13.09mg, Quercetin: 13.09mg, Quercetin: 13.09mg, Quercetin: 13.09mg

Nutrients (% of daily need)

Calories: 750.67kcal (37.53%), Fat: 19.74g (30.36%), Saturated Fat: 3.5g (21.89%), Carbohydrates: 149.11g (49.7%), Net Carbohydrates: 88.4g (32.15%), Sugar: 48.31g (53.67%), Cholesterol: 0mg (0%), Sodium: 33927.09mg

(1475.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.77g (71.54%), Vitamin A: 49437.76IU (988.76%), Vitamin K: 732.08µg (697.22%), Vitamin C: 329.85mg (399.81%), Vitamin E: 47.25mg (314.97%), Vitamin B6: 5.54mg (277.13%), Folate: 1020.23µg (255.06%), Manganese: 4.87mg (243.35%), Fiber: 60.71g (242.86%), Potassium: 5656.01mg (161.6%), Iron: 26.12mg (145.13%), Calcium: 1388.89mg (138.89%), Magnesium: 437.06mg (109.27%), Vitamin B2: 1.83mg (107.48%), Vitamin B3: 20.87mg (104.36%), Copper: 1.82mg (91.16%), Phosphorus: 766.98mg (76.7%), Vitamin B1: 0.9mg (59.73%), Zinc: 8.66mg (57.71%), Selenium: 39.59µg (56.55%), Vitamin B5: 2.79mg (27.88%), Vitamin B12: 0.22µg (3.6%)