



Kim Chee Squats



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



265 min.

SERVINGS



8

CALORIES



34 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds cabbage chinese coarsely chopped
- ☐ 1 tablespoon chili powder
- ☐ 2 teaspoons ginger root fresh minced
- ☐ 1 clove garlic crushed
- ☐ 2 tablespoons green onion chopped
- ☐ 0.5 cup soya sauce light
- ☐ 1 tablespoon salt
- ☐ 1 dash sesame oil

- ☐ 2 teaspoons sugar white
- ☐ 0.5 cup citrus champagne vinegar

Equipment

Directions

- ☐ Place the cabbage into a large dish, and sprinkle with salt.
- ☐ Let stand for 3 to 4 hours. The cabbage will wilt.
- ☐ After the cabbage has been sitting, massage it with your hands until it is even softer.
- ☐ Drain off the liquid.
- ☐ Mix in the green onion, garlic, chili powder, ginger, soy sauce, vinegar, and sugar.
- ☐ Transfer to a large glass jar, and refrigerate for 24 hours before using. This will keep for about a week in the refrigerator.
- ☐ Sprinkle with sesame oil before serving.

Nutrition Facts



Properties

Glycemic Index:24.26, Glycemic Load:1.68, Inflammation Score:-5, Nutrition Score:4.7526087035304%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 34.36kcal (1.72%), Fat: 0.49g (0.75%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 5.19g (1.73%), Net Carbohydrates: 4.67g (1.7%), Sugar: 1.36g (1.52%), Cholesterol: 0mg (0%), Sodium: 1712.47mg (74.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.94%), Manganese: 0.34mg (16.93%), Folate: 52.68µg (13.17%), Vitamin A: 609.73IU (12.19%), Iron: 1.46mg (8.13%), Copper: 0.14mg (7.21%), Vitamin B3: 1.23mg (6.16%), Vitamin C: 4.13mg (5.01%), Vitamin B6: 0.1mg (4.91%), Potassium: 162.64mg (4.65%), Phosphorus: 45.89mg (4.59%), Magnesium: 17.59mg (4.4%), Calcium: 42.37mg (4.24%), Vitamin K: 4.19µg (3.99%), Vitamin B2: 0.06mg (3.63%), Vitamin E: 0.39mg (2.62%), Fiber: 0.52g (2.08%), Zinc: 0.28mg (1.89%), Vitamin B1: 0.02mg (1.23%), Selenium:

0.85µg (1.21%), Vitamin B5: 0.11mg (1.07%)