



Kimchi



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



26 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons pepper red crushed
- ☐ 4 teaspoons ginger fresh grated peeled
- ☐ 4 garlic clove minced
- ☐ 1 cup spring onion coarsely chopped
- ☐ 2 pounds napa cabbage chinese coarsely chopped ()
- ☐ 3 tablespoons salt
- ☐ 1.5 cups water

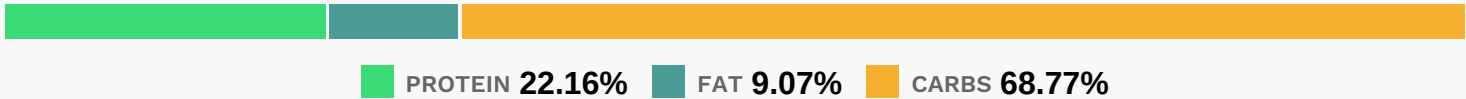
Equipment

☐ bowl

Directions

- ☐ Place cabbage and salt in a large bowl, tossing gently to combine. Weigh down cabbage with another bowl.
- ☐ Let stand at room temperature 3 hours, tossing occasionally.
- ☐ Drain and rinse with cold water.
- ☐ Drain and squeeze dry.
- ☐ Combine cabbage, water, and remaining ingredients. Cover and refrigerate at least 4 hours before serving.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:1.09, Inflammation Score:-6, Nutrition Score:10.381738999616%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 26.24kcal (1.31%), Fat: 0.32g (0.49%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 5.44g (1.81%), Net Carbohydrates: 3.57g (1.3%), Sugar: 1.95g (2.17%), Cholesterol: 0mg (0%), Sodium: 2637.12mg (114.66%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.75g (3.51%), Vitamin K: 74.95µg (71.38%), Vitamin C: 33.49mg (40.59%), Folate: 97.84µg (24.46%), Vitamin B6: 0.3mg (14.94%), Manganese: 0.28mg (13.8%), Vitamin A: 596.55IU (11.93%), Calcium: 103.38mg (10.34%), Potassium: 322.4mg (9.21%), Fiber: 1.87g (7.47%), Magnesium: 19.12mg (4.78%), Vitamin B2: 0.07mg (4.25%), Phosphorus: 41.27mg (4.13%), Vitamin B1: 0.06mg (3.76%), Iron: 0.66mg (3.64%), Copper: 0.07mg (3.54%), Vitamin B3: 0.58mg (2.9%), Zinc: 0.36mg (2.38%), Vitamin E: 0.35mg (2.34%), Selenium: 1.06µg (1.51%), Vitamin B5: 0.14mg (1.43%)