



WHATSheATE



Kimchi



Gluten Free



Dairy Free

READY IN



360 min.

SERVINGS



12

CALORIES



22 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup asian fish sauce
- ☐ 8 clove garlic peeled
- ☐ 1 bunch green onion cut into 1-inch sections
- ☐ 1 bunch bitter greens (mustard, dandelion etc)
- ☐ 0.3 cup authentic korean chili pepper powder
- ☐ 1 cup kosher salt
- ☐ 1 teaspoon sugar

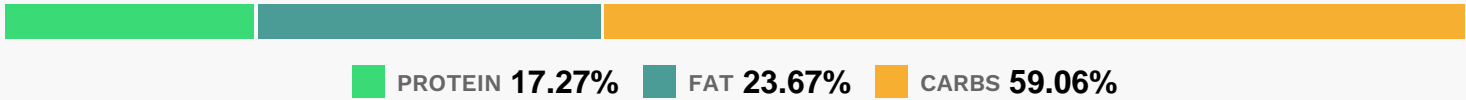
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ Dissolve in a bowl 1-cup salt in enough water to cover cabbage quarters.
- ☐ Add cabbage to bowl and set aside 3–4 hours.
- ☐ Combine garlic, ginger, and fish sauce in a blender or mini food processor and puree
- ☐ In a large bowl combine radish, green onion, greens, garlic puree, chili powder, the remaining tbsp salt, and sugar. Toss gently and set aside until cabbage is ready.
- ☐ Remove cabbage from water and shake or squeeze out excess water. Stuff the radish mixture between each cabbage leaf. Work form the large outside leaves in. When all the cabbage is stuffed place then into a bowl and press them down firmly.
- ☐ Let in marinate in the refrigerator 2–3 days the chop into 2-inch chunks and mix well. The kimchi is ready to eat but will improve with some fermentation. After 3 weeks the remaining kimchi should not be eaten raw, but used as an ingredient in hot pots, dumplings, or fried rice.

Nutrition Facts



Properties

Glycemic Index:11.01, Glycemic Load:0.45, Inflammation Score:-8, Nutrition Score:5.2565217018127%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 22.03kcal (1.1%), Fat: 0.73g (1.12%), Saturated Fat: 0.12g (0.78%), Carbohydrates: 4.07g (1.36%), Net Carbohydrates: 2.27g (0.82%), Sugar: 0.93g (1.03%), Cholesterol: 0mg (0%), Sodium: 9894.52mg (430.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.38%), Vitamin A: 1590.99IU (31.82%), Vitamin E: 1.89mg (12.62%), Vitamin K: 9.38µg (8.94%), Manganese: 0.17mg (8.51%), Vitamin B6: 0.16mg (7.8%), Fiber: 1.81g (7.24%), Iron: 1.09mg (6.08%), Magnesium: 18mg (4.5%), Potassium: 142.01mg (4.06%), Vitamin C: 3.28mg (3.98%), Vitamin

B3: 0.76mg (3.8%), Copper: 0.07mg (3.57%), Vitamin B2: 0.06mg (3.4%), Calcium: 30.49mg (3.05%), Selenium: 1.81µg (2.58%), Phosphorus: 22.66mg (2.27%), Folate: 8.73µg (2.18%), Zinc: 0.3mg (1.98%), Vitamin B1: 0.02mg (1.39%)