



 **60%**
HEALTH SCORE

Kimchi

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



119 kcal

SIDE DISH

Ingredients

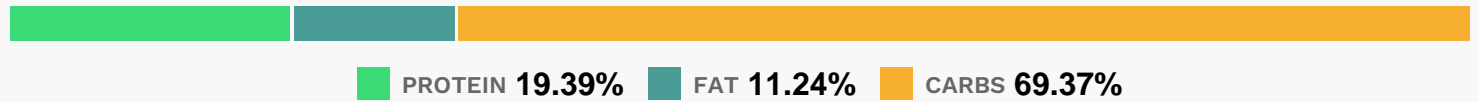
- 6 pounds napa cabbage
- 3 tablespoons salt
- 2 cups spring onion sliced
- 3 garlic clove minced
- 1 tablespoon ground ginger minced
- 4 tablespoons chipotle chili powder dried
- 2 tablespoons sugar

Equipment

Directions

- Shred cabbage in 2 inch strips.
- Mix with half the salt.
- Let stand 30 minutes. Wash and drain.
- Mix the scallions, garlic, ginger, chili pepper, cabbage and the rest of salt. Pack into a crock or glass jar.
- Put the containers aside for three or four days in a cool location. After that, store it in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:27.35, Glycemic Load:6.38, Inflammation Score:-10, Nutrition Score:32.615652173913%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg

Taste

Sweetness: 100%, Saltiness: 78.8%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 15.42%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 118.71kcal (5.94%), Fat: 1.79g (2.75%), Saturated Fat: 0.36g (2.25%), Carbohydrates: 24.83g (8.28%), Net Carbohydrates: 16.51g (6%), Sugar: 11.59g (12.88%), Cholesterol: 0mg (0%), Sodium: 3622.36mg (157.49%), Protein: 6.94g (13.88%), Vitamin K: 269.26µg (256.44%), Vitamin C: 129.25mg (156.66%), Folate: 381.32µg (95.33%), Vitamin A: 3356.48IU (67.13%), Manganese: 1.32mg (65.88%), Vitamin B6: 1.21mg (60.41%), Calcium: 396.73mg (39.67%), Potassium: 1293.36mg (36.95%), Fiber: 8.31g (33.26%), Magnesium: 75.83mg (18.96%), Vitamin E: 2.76mg (18.42%), Vitamin B2: 0.31mg (18.08%), Iron: 3.04mg (16.91%), Phosphorus: 163.57mg (16.36%), Vitamin B1: 0.22mg (14.43%), Vitamin B3: 2.7mg (13.49%), Copper: 0.26mg (12.79%), Zinc: 1.46mg (9.73%), Selenium: 4.72µg (6.74%), Vitamin B5: 0.56mg (5.62%)