



Kimchi Fritters with Soy Dipping Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



211 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 ounces cabbage kimchi packed chopped ()
- ☐ 2 teaspoons garlic divided finely grated
- ☐ 0.3 cup ground pork
- ☐ 16 servings kosher salt
- ☐ 1.5 cups mung beans dried split yellow peeled for 3 hours or up to overnight
- ☐ 16 servings pickled pears
- ☐ 0.5 teaspoon pepper flakes red crushed (Korean pepper powder)
- ☐ 1 tablespoon scallions thinly sliced

- ☐ 0.5 teaspoon sesame oil toasted
- ☐ 2 tablespoons soya sauce
- ☐ 1 thai chile green red thinly sliced
- ☐ 4 tablespoons vegetable oil divided ()
- ☐ 2 teaspoons distilled vinegar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ Mix 1 tablespoon scallion, 2 tablespoons soy sauce,vinegar, and gochugaru in a small bowl. Setdipping sauce aside.
- ☐ Mix pork, 1 teaspoon garlic, sesame oil, andremaining 1 teaspoon soy sauce in a small bowl.Chill for 30 minutes or up to 1 day.
- ☐ Drain beans, reserving 1 cup soakingliquid. Purée beans and 1/2 cup soakingliquid in a blender, adding more water bytablespoonfuls if necessary, until mixture isa thick, slightly chunky paste.
- ☐ Transfer to alarge bowl.
- ☐ Add 3/4 cup scallions, 1 teaspoon garlic,kimchi, and chile to bean purée.
- ☐ Mix well;season batter with salt. Stir in pork mixture.
- ☐ Heat 2 tablespoons vegetable oil in a largenonstick or cast-iron skillet over medium-highheat. Working in batches, spoon1/4-cupfuls of batter into skillet, spreadingeach out to 3 1/2"-4" rounds. Cook, adjustingheat if browning too quickly and addingmore oil between batches, until fritters aregolden brown and cooked through, 2-3minutes per side.
- ☐ Serve pancakes with dipping sauce and
- ☐ Pickled Pears.

Nutrition Facts



Properties

Glycemic Index:10.23, Glycemic Load:7.44, Inflammation Score:-5, Nutrition Score:10.960000020006%

Flavonoids

Cyanidin: 3.42mg, Cyanidin: 3.42mg, Cyanidin: 3.42mg, Cyanidin: 3.42mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 6.24mg, Epicatechin: 6.24mg, Epicatechin: 6.24mg, Epicatechin: 6.24mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 211.03kcal (10.55%), Fat: 5.09g (7.84%), Saturated Fat: 1.03g (6.41%), Carbohydrates: 38.22g (12.74%), Net Carbohydrates: 29.51g (10.73%), Sugar: 17.76g (19.73%), Cholesterol: 3.38mg (1.13%), Sodium: 433.73mg (18.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.53g (13.06%), Folate: 144.92µg (36.23%), Fiber: 8.71g (34.84%), Vitamin K: 25.47µg (24.25%), Copper: 0.33mg (16.58%), Manganese: 0.3mg (15.07%), Potassium: 489.14mg (13.98%), Magnesium: 53.39mg (13.35%), Iron: 2.26mg (12.56%), Vitamin B1: 0.18mg (11.97%), Phosphorus: 108.38mg (10.84%), Vitamin C: 8.74mg (10.6%), Vitamin B6: 0.2mg (9.84%), Vitamin B2: 0.15mg (8.76%), Vitamin B3: 1.24mg (6.22%), Zinc: 0.86mg (5.7%), Calcium: 50.03mg (5%), Vitamin B5: 0.5mg (4.95%), Selenium: 3.11µg (4.44%), Vitamin E: 0.63mg (4.19%), Vitamin A: 108.24IU (2.16%)