



Kimchi Jun (Kimchi Pancake) and Dipping Sauce



Vegetarian



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



101 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 green onion chopped
- ☐ 0.5 cup reserved juice from kimchi
- ☐ 1 cup kimchi drained chopped
- ☐ 1 tablespoon rice vinegar
- ☐ 8 servings salt to taste

- ☐ 0.5 teaspoon sesame oil
- ☐ 1 tablespoon soya sauce
- ☐ 1 tablespoon vegetable oil

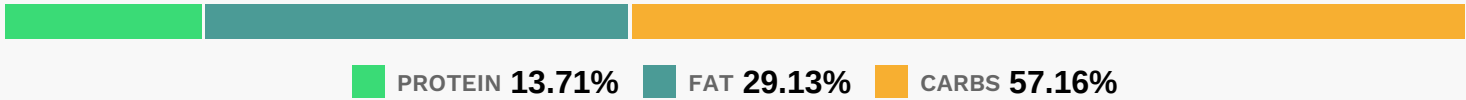
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Stir together the kimchi, kimchi juice, flour, eggs, and green onion in a bowl.
- ☐ Heat vegetable oil over medium heat in a large skillet. Using about 1/4 cup of batter for each pancake, pour into skillet, spreading as thin as possible. Cook pancakes until set and lightly browned, turning once, 3 to 5 minutes per side. Season to taste with salt.
- ☐ Whisk together the rice vinegar, soy sauce, sesame oil, chili pepper flakes, and toasted sesame seeds.
- ☐ Serve with the pancakes.

Nutrition Facts



Properties

Glycemic Index:26.59, Glycemic Load:9.37, Inflammation Score:-2, Nutrition Score:4.5691304310508%

Flavonoids

Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 101.32kcal (5.07%), Fat: 3.25g (4.99%), Saturated Fat: 0.68g (4.23%), Carbohydrates: 14.34g (4.78%), Net Carbohydrates: 13.6g (4.94%), Sugar: 1.8g (2%), Cholesterol: 40.92mg (13.64%), Sodium: 407.89mg (17.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.88%), Selenium: 8.8µg (12.57%), Vitamin K: 12.61µg

(12.01%), Folate: 42.6µg (10.65%), Vitamin B2: 0.16mg (9.7%), Vitamin B1: 0.13mg (8.93%), Iron: 1.37mg (7.63%), Manganese: 0.14mg (6.82%), Vitamin B3: 1.2mg (5.98%), Phosphorus: 46.75mg (4.68%), Vitamin B6: 0.06mg (3.22%), Fiber: 0.74g (2.96%), Vitamin B5: 0.25mg (2.54%), Potassium: 78.25mg (2.24%), Magnesium: 8.77mg (2.19%), Zinc: 0.3mg (2.01%), Copper: 0.04mg (2.01%), Vitamin E: 0.29mg (1.95%), Vitamin A: 87.88IU (1.76%), Vitamin B12: 0.1µg (1.63%), Calcium: 16.26mg (1.63%), Vitamin D: 0.22µg (1.47%)