



Kimchi Jun (Kimchi Pancake) and Dipping Sauce



Vegetarian



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon korean chili pepper flakes
- ☐ 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
- ☐ 0.5 teaspoon sesame seed toasted
- ☐ 1 tablespoon soya sauce
- ☐ 1 tablespoon vegetable oil

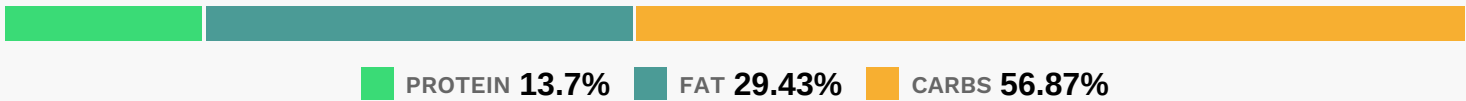
Equipment

- ☐ 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:36.59, Glycemic Load:9.38, Inflammation Score:-2, Nutrition Score:4.664347814477%

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: 102.16kcal (5.11%), Fat: 3.31g (5.09%), Saturated Fat: 0.69g (4.29%), Carbohydrates: 14.39g (4.8%), Net Carbohydrates: 13.63g (4.96%), Sugar: 1.82g (2.02%), Cholesterol: 40.92mg (13.64%), Sodium: 407.94mg (17.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.47g (6.93%), Selenium: 8.84µg (12.63%), Vitamin K: 12.66µg (12.05%), Folate: 42.8µg (10.7%), Vitamin B2: 0.17mg (9.73%), Vitamin B1: 0.14mg (9.01%), Iron: 1.4mg (7.75%), Manganese: 0.14mg (7%), Vitamin B3: 1.21mg (6.03%), Phosphorus: 47.67mg (4.77%), Vitamin B6: 0.07mg (3.35%), Fiber: 0.76g (3.04%), Vitamin B5: 0.25mg (2.55%), Magnesium: 9.28mg (2.32%), Copper: 0.05mg (2.29%), Potassium: 79.84mg (2.28%), Zinc: 0.31mg (2.08%), Vitamin E: 0.3mg (1.97%), Vitamin A: 90.86IU (1.82%), Calcium: 17.52mg (1.75%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%), Vitamin C: 0.87mg (1.06%)