



## Kimchi Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



148 kcal

SIDE DISH

## Ingredients

- 1.5 tablespoons agave nectar light (nectar)
- 3 tablespoons chives fresh chopped
- 0.3 cup juice of lime fresh
- 2 tablespoons soy sauce reduced-sodium
- 0.8 cup napa cabbage chopped
- 6 tablespoons olive oil extra virgin extra-virgin
- 6 servings pepper black freshly ground fine
- 1.5 tablespoons sriracha

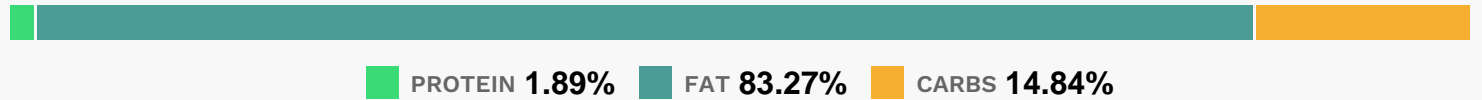
# Equipment

bowl

# Directions

Combine kimichi, oil, lime juice, chives,soy sauce, agave syrup, and Sriracha in a medium bowl. Season with salt and pepper.DO AHEAD: Relish can be made 1 weekahead. Cover and chill.

# Nutrition Facts



# Properties

Glycemic Index:20.67, Glycemic Load:0.69, Inflammation Score:-2, Nutrition Score:2.9808695873489%

# Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

# Nutrients (% of daily need)

Calories: 148.17kcal (7.41%), Fat: 14.09g (21.68%), Saturated Fat: 1.94g (12.15%), Carbohydrates: 5.65g (1.88%), Net Carbohydrates: 5.38g (1.96%), Sugar: 3.97g (4.41%), Cholesterol: 0mg (0%), Sodium: 279.51mg (12.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.44%), Vitamin K: 17.18µg (16.36%), Vitamin E: 2.13mg (14.21%), Vitamin C: 9.78mg (11.86%), Folate: 14.22µg (3.56%), Manganese: 0.06mg (3.13%), Vitamin B6: 0.05mg (2.71%), Vitamin A: 106.36IU (2.13%), Vitamin B2: 0.03mg (1.9%), Potassium: 63.98mg (1.83%), Magnesium: 6.74mg (1.68%), Phosphorus: 14.46mg (1.45%), Iron: 0.24mg (1.35%), Calcium: 12.6mg (1.26%), Vitamin B1: 0.02mg (1.15%), Fiber: 0.27g (1.1%)