



Kimchi Spread



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



8

CALORIES



4 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 tablespoons pepper flakes hot (Korean pepper paste)
- ☐ 1.5 cups napa cabbage chopped (a 12-ounce jar; do not drain)

Equipment

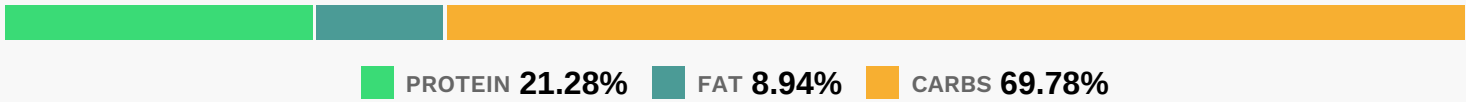
- ☐ bowl

Directions

- ☐ Mix kimchi and gochujang in a small bowl.

DO AHEAD: Kimchi spread can be made 1 week ahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:1.5078260807887%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 3.78kcal (0.19%), Fat: 0.05g (0.07%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 0.79g (0.26%), Net Carbohydrates: 0.56g (0.2%), Sugar: 0.4g (0.44%), Cholesterol: 0mg (0%), Sodium: 1.62mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.48%), Vitamin C: 9.24mg (11.2%), Vitamin K: 6.64µg (6.32%), Folate: 12.12µg (3.03%), Vitamin B6: 0.05mg (2.6%), Manganese: 0.03mg (1.7%), Vitamin A: 81.01IU (1.62%), Potassium: 45.99mg (1.31%), Calcium: 11.5mg (1.15%)