



WHATSheATE



Pear Kimchi



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



178 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons carrots grated
- ☐ 2 tablespoons daikon radish grated
- ☐ 1 tablespoon garlic grated
- ☐ 1 tablespoon ginger grated
- ☐ 2 green onions trimmed sliced
- ☐ 0.5 asian pear grated
- ☐ 4 large pears cored peeled cut into bite sized pieces
- ☐ 1 teaspoon sesame oil

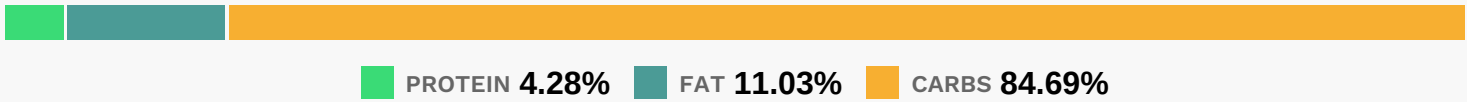
- ☐ 1 tablespoon sesame seed toasted
- ☐ 2 tablespoons soya sauce for a vegetarian version

Equipment

Directions

- ☐ Mix everything but the pears.
- ☐ Mix the pears into the mixture.Cover and let at room temperature for half a day.Store in fridge and enjoy chilled.

Nutrition Facts



Properties

Glycemic Index:66.08, Glycemic Load:11.91, Inflammation Score:-8, Nutrition Score:9.2778260656025%

Flavonoids

Cyanidin: 5.2mg, Cyanidin: 5.2mg, Cyanidin: 5.2mg, Cyanidin: 5.2mg Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg Epigallocatechin: 1.49mg, Epigallocatechin: 1.49mg, Epigallocatechin: 1.49mg, Epigallocatechin: 1.49mg Epicatechin: 9.48mg, Epicatechin: 9.48mg, Epicatechin: 9.48mg, Epicatechin: 9.48mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 177.96kcal (8.9%), Fat: 2.41g (3.7%), Saturated Fat: 0.35g (2.18%), Carbohydrates: 41.58g (13.86%), Net Carbohydrates: 32.96g (11.99%), Sugar: 25.66g (28.51%), Cholesterol: 0mg (0%), Sodium: 717.52mg (31.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.2%), Fiber: 8.62g (34.47%), Vitamin A: 1377.27IU (27.55%), Vitamin K: 24.7µg (23.53%), Vitamin C: 14.82mg (17.97%), Copper: 0.32mg (15.99%), Manganese: 0.25mg (12.59%), Potassium: 400.76mg (11.45%), Magnesium: 44.98mg (11.24%), Vitamin B6: 0.17mg (8.48%), Folate: 31.81µg (7.95%), Calcium: 58.79mg (5.88%), Iron: 1mg (5.56%), Phosphorus: 53.71mg (5.37%), Vitamin B2: 0.09mg (5.24%), Vitamin B3: 0.85mg (4.26%), Vitamin B1: 0.06mg (4.09%), Zinc: 0.51mg (3.38%), Selenium: 2.15µg (3.07%), Vitamin E: 0.41mg (2.74%), Vitamin B5: 0.19mg (1.86%)