

Pickled Napa Cabbage

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



300 min.

SERVINGS



8

CALORIES



11 kcal

SIDE DISH

Ingredients

- 3 tablespoons carrots finely chopped
- 1.5 teaspoons coarse salt
- 30 grams kombu
- 0.8 pound napa cabbage
- 4 shiso leaves fresh green chopped

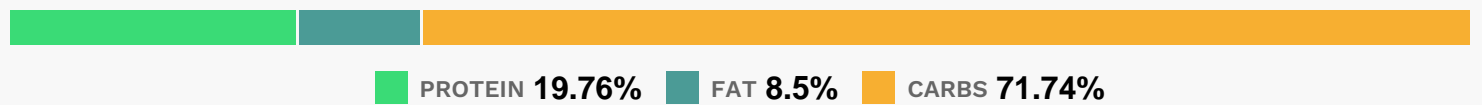
Equipment

- bowl
- ziploc bags

Directions

- Toss together cabbage, carrot, and salt in a bowl. Put kombu in a narrow straight-sided container (5 to 6 inches in diameter) and top with cabbage mixture.
- Cut a piece of cardboard to fit just inside container and enclose it in a sealable plastic bag. Top cabbage with plastic-covered round and stack 4 to 6 pounds of canned goods on top to weight it. Chill weighted cabbage at least 3 hours.
- Discard kombu. Squeeze excess liquid from cabbage and toss with shiso.
- Cabbage may be weighted up to 1 day.

Nutrition Facts



Properties

Glycemic Index:9.85, Glycemic Load:0.45, Inflammation Score:-7, Nutrition Score:4.4352174336496%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 10.72kcal (0.54%), Fat: 0.12g (0.18%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 2.27g (0.76%), Net Carbohydrates: 1.55g (0.57%), Sugar: 0.89g (0.99%), Cholesterol: 0mg (0%), Sodium: 452.47mg (19.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.25%), Vitamin A: 1079.29IU (21.59%), Vitamin K: 21.46µg (20.44%), Vitamin C: 11.93mg (14.46%), Folate: 41.41µg (10.35%), Vitamin B6: 0.11mg (5.32%), Manganese: 0.1mg (4.87%), Calcium: 41.17mg (4.12%), Potassium: 122.64mg (3.5%), Fiber: 0.72g (2.87%), Magnesium: 10.75mg (2.69%), Vitamin B2: 0.03mg (1.77%), Phosphorus: 15.88mg (1.59%), Vitamin B1: 0.02mg (1.51%), Iron: 0.26mg (1.44%), Vitamin B3: 0.24mg (1.22%), Copper: 0.02mg (1.15%), Zinc: 0.16mg (1.06%)