



Pickled Napa Cabbage with Umeboshi Plums



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



4

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup kosher salt
- ☐ 0.3 cup mirin sweet (Japanese rice wine)
- ☐ 3 pound napa cabbage cored halved lengthwise
- ☐ 6 umeboshi plums minced pitted
- ☐ 0.3 cup rice vinegar (not seasoned)

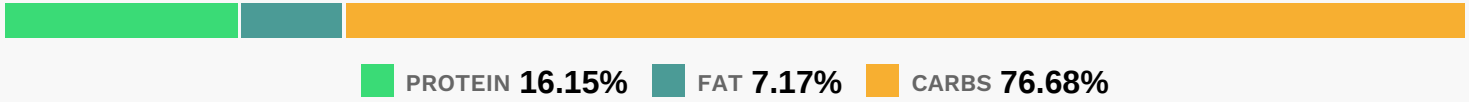
Equipment

- ☐ bowl
- ☐ colander

Directions

- ☐ Transfer cabbage to a large bowl and separate leaves, then toss with kosher salt.
- ☐ Let stand at room temperature, stirring occasionally, 1 hour.
- ☐ Stir together umeboshi plums, mirin, and rice vinegar in a small bowl.
- ☐ Rinse cabbage with cold water in a colander and drain.
- ☐ Firmly squeeze 1 handful cabbage several times to remove excess water and transfer to cleaned bowl. Repeat with remaining cabbage. Stir in umeboshi mixture, then chill, covered, stirring once or twice, at least 1 hour.
- ☐ Pickled cabbage can be chilled up to 3 weeks.

Nutrition Facts



Properties

Glycemic Index:30.17, Glycemic Load:6.04, Inflammation Score:-9, Nutrition Score:23.580869726513%

Flavonoids

Cyanidin: 5.57mg, Cyanidin: 5.57mg, Cyanidin: 5.57mg, Cyanidin: 5.57mg Peonidin: 0.31mg, Peonidin: 0.31mg, Peonidin: 0.31mg, Peonidin: 0.31mg Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 3.17mg, Epicatechin: 3.17mg, Epicatechin: 3.17mg, Epicatechin: 3.17mg Epicatechin 3-gallate: 0.75mg, Epicatechin 3-gallate: 0.75mg, Epicatechin 3-gallate: 0.75mg, Epicatechin 3-gallate: 0.75mg Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 122.94kcal (6.15%), Fat: 0.96g (1.47%), Saturated Fat: 0.16g (1.02%), Carbohydrates: 23.03g (7.68%), Net Carbohydrates: 17.56g (6.39%), Sugar: 14.62g (16.25%), Cholesterol: 0mg (0%), Sodium: 7104.57mg (308.89%), Alcohol: 2.41g (100%), Alcohol %: 0.63% (100%), Protein: 4.85g (9.7%), Vitamin K: 152.28µg (145.03%), Vitamin C: 101.26mg (122.74%), Folate: 273.7µg (68.43%), Vitamin B6: 0.82mg (40.9%), Manganese: 0.72mg (36.24%), Vitamin A: 1423.37IU (28.47%), Potassium: 970.62mg (27.73%), Calcium: 273.98mg (27.4%), Fiber: 5.47g (21.87%),

Magnesium: 52.4mg (13.1%), Phosphorus: 116.03mg (11.6%), Vitamin B2: 0.2mg (11.52%), Vitamin B1: 0.16mg (10.92%), Copper: 0.19mg (9.33%), Vitamin B3: 1.77mg (8.87%), Iron: 1.3mg (7.24%), Zinc: 0.9mg (6.03%), Vitamin B5: 0.49mg (4.91%), Vitamin E: 0.67mg (4.44%), Selenium: 2.35µg (3.36%)