



HEALTH SCORE

100%

Quick Kimchi



Gluten Free



Dairy Free



Very Healthy

READY IN



300 min.

SERVINGS



4

CALORIES



119 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons fish sauce
- ☐ 2 tablespoons garlic chopped
- ☐ 1 tablespoon ginger peeled chopped
- ☐ 3 pound napa cabbage
- ☐ 2 tablespoons pepper hot
- ☐ 1 cup spring onion chopped
- ☐ 3 tablespoons sesame seed with side of heavy knife crushed toasted
- ☐ 2 teaspoons vinegar white

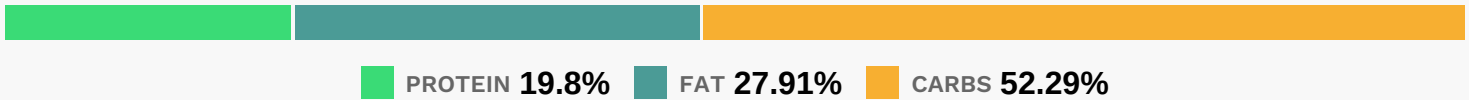
Equipment

- ☐ bowl
- ☐ blender
- ☐ box grater

Directions

- ☐ Quarter cabbage lengthwise, then cut crosswise into 2-to 3-inch pieces. Toss with 3 tablespoons salt in a large bowl and let stand, tossing occasionally, 2 hours.
- ☐ Rinse cabbage well, then drain. Squeeze out excess water with your hands and transfer to a large bowl.
- ☐ Purée garlic and ginger with fish sauce and vinegar in a blender until smooth, then pour over cabbage.
- ☐ Add scallions, sesame seeds, and red-pepper flakes and toss to coat.
- ☐ Peel pear, then grate on large holes of a box grater (avoid core and seeds).
- ☐ Add to cabbage mixture and toss well. Marinate at least 1 hour.
- ☐ Kimchi keeps, chilled in an airtight container, 1 month (flavor will get stronger).

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:3.25, Inflammation Score:-10, Nutrition Score:29.552608749141%

Flavonoids

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: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 119.05kcal (5.95%), Fat: 4.31g (6.64%), Saturated Fat: 0.68g (4.23%), Carbohydrates: 18.18g (6.06%), Net Carbohydrates: 11.23g (4.08%), Sugar: 6.08g (6.76%), Cholesterol: 0mg (0%), Sodium: 808.33mg (35.14%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 6.88g (13.77%), Vitamin K: 201.99µg (192.37%), Vitamin C: 97.96mg (118.74%), Folate: 296.6µg (74.15%), Vitamin B6: 1.02mg (51.19%), Vitamin A: 2519.05IU (50.38%), Manganese: 1mg (49.76%), Calcium: 363.19mg (36.32%), Potassium: 1034.01mg (29.54%), Fiber: 6.95g (27.81%), Magnesium: 93.77mg (23.44%), Copper: 0.45mg (22.44%), Iron: 3.14mg (17.44%), Phosphorus: 165.09mg (16.51%), Vitamin B2: 0.25mg (14.86%), Vitamin B1: 0.22mg (14.45%), Vitamin E: 2.09mg (13.96%), Vitamin B3: 2.48mg (12.38%), Zinc: 1.59mg (10.58%), Selenium: 6.48µg (9.26%), Vitamin B5: 0.45mg (4.52%)