



Quick Pickled Cabbage



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



36 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons chili paste depending on your taste pref
- ☐ 2 garlic clove crushed
- ☐ 2 tablespoons soy sauce
- ☐ 3 cups napa cabbage chopped
- ☐ 0.5 cup rice vinegar
- ☐ 1 tablespoon sugar

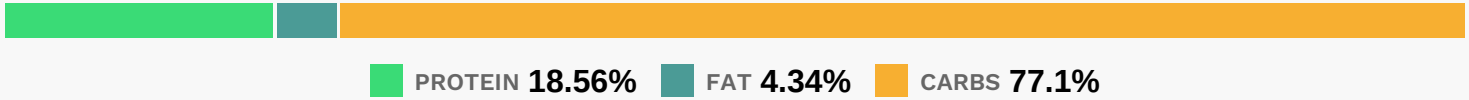
Equipment

- ☐ bowl

Directions

- ☐ Place cabbage in a medium bowl with garlic. Bring vinegar, soy sauce, sugar, and chile paste to a boil.
- ☐ Pour hot vinegar mixture over cabbage; toss.
- ☐ Let stand at least 30 minutes.

Nutrition Facts



Properties

Glycemic Index:45.52, Glycemic Load:2.61, Inflammation Score:-3, Nutrition Score:4.8621738812198%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg 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: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 35.8kcal (1.79%), Fat: 0.16g (0.25%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 6.5g (2.17%), Net Carbohydrates: 5.72g (2.08%), Sugar: 4.09g (4.54%), Cholesterol: 0mg (0%), Sodium: 294.55mg (12.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.13%), Vitamin K: 24.51µg (23.34%), Vitamin C: 16.26mg (19.71%), Folate: 48.85µg (12.21%), Manganese: 0.19mg (9.25%), Vitamin B6: 0.17mg (8.38%), Potassium: 179.78mg (5.14%), Calcium: 51.45mg (5.14%), Vitamin A: 186.37IU (3.73%), Magnesium: 13.92mg (3.48%), Phosphorus: 34.68mg (3.47%), Fiber: 0.78g (3.14%), Vitamin B2: 0.05mg (3.04%), Vitamin B1: 0.03mg (2.08%), Iron: 0.34mg (1.9%), Vitamin B3: 0.37mg (1.85%), Copper: 0.03mg (1.71%), Zinc: 0.22mg (1.46%), Selenium: 0.8µg (1.14%)