



Sparkling White Kimchi

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

90 min.

SERVINGS

servings

30

CALORIES

calories

9 kcal

SIDE DISH

Ingredients

- ☐ 1 carrots very thinly sliced
- ☐ 1.5 cups ginger ale
- ☐ 1 tablespoon kosher salt
- ☐ 1 pound napa cabbage cored halved cut into 2-inch pieces
- ☐ 2 large chiles red seeded thinly sliced
- ☐ 1 tablespoon rice vinegar
- ☐ 2 scallions white green halved lengthwise
- ☐ 1 bunch watercress thick

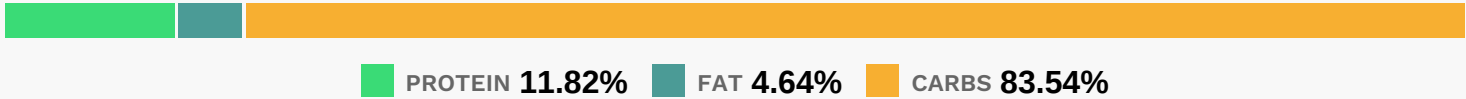
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ In a bowl, toss the cabbage with the salt and squeeze it to soften slightly. Cover with a small plate and a heavy can and let stand at room temperature for 1 hour.
- ☐ Pour off any liquid. Stir in the vinegar, scallions, carrot and chiles.
- ☐ Add the 7UP, cover with plastic wrap and refrigerate overnight. Fold in the watercress just before serving.

Nutrition Facts



Properties

Glycemic Index:10.03, Glycemic Load:0.93, Inflammation Score:-4, Nutrition Score:2.1443478542825%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 8.91kcal (0.45%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 2.05g (0.68%), Net Carbohydrates: 1.74g (0.63%), Sugar: 1.54g (1.71%), Cholesterol: 0mg (0%), Sodium: 236.89mg (10.3%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.29g (0.58%), Vitamin C: 9.02mg (10.94%), Vitamin K: 10.91µg (10.39%), Vitamin A: 450.9IU (9.02%), Folate: 13.61µg (3.4%), Vitamin B6: 0.05mg (2.73%), Manganese: 0.04mg (2.15%), Potassium: 57.29mg (1.64%), Calcium: 14.84mg (1.48%), Fiber: 0.31g (1.23%)