



Spicy Cabbage Kimchi

 Gluten Free  Dairy Free

READY IN



420 min.

SERVINGS



14

CALORIES



39 kcal

SIDE DISH

Ingredients

- 5 tablespoons korean chile powder
- 1 tablespoon fish sauce
- 2 cloves garlic pressed
- 5 green onions chopped
- 1 teaspoon ground ginger
- 2 heads napa cabbage
- 1.3 cups sea salt
- 0.5 small onion white minced

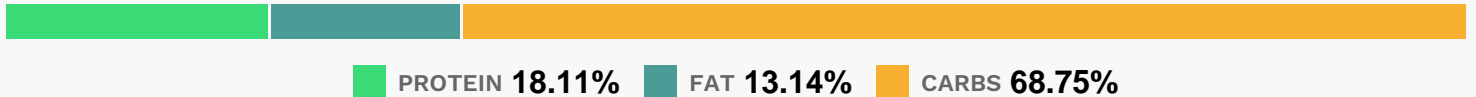
2 tablespoons sugar white

Equipment

Directions

- Cut the cabbages in half lengthwise and trim the ends. Rinse and cut into pieces about 2 inch square.
- Place the cabbage into large resealable bags and sprinkle salt on the leaves so they are evenly coated. Use your hands to rub the salt in to the leaves. Seal the bags and leave at room temperature for 6 hours.
- Rinse the salt from the cabbage leaves and then drain and squeeze out any excess liquid.
- Place the cabbage in a large container with a tight fitting lid. Stir in the fish sauce, green onions, white onion, garlic, sugar and ginger.
- Sprinkle the Korean chile powder over the mixture. Wear plastic gloves to protect your hands and rub the chile powder into the cabbage leaves until evenly coated. Seal the container and set in a cool dry place. Leave undisturbed for 4 days. Refrigerate before serving, and store in the refrigerator for up to 1 month (if it lasts that long!).

Nutrition Facts



Properties

Glycemic Index:13.65, Glycemic Load:2.19, Inflammation Score:-8, Nutrition Score:12.34913043775%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 39.17kcal (1.96%), Fat: 0.69g (1.06%), Saturated Fat: 0.13g (0.83%), Carbohydrates: 8.12g (2.71%), Net Carbohydrates: 5.4g (1.96%), Sugar: 3.99g (4.43%), Cholesterol: 0mg (0%), Sodium: 10265.04mg (446.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.28%), Vitamin K: 67.07µg (63.87%), Vitamin C: 35.87mg

(43.47%), Folate: 106.28µg (26.57%), Vitamin A: 1299.01IU (25.98%), Manganese: 0.39mg (19.34%), Vitamin B6: 0.38mg (18.75%), Calcium: 119.86mg (11.99%), Potassium: 386.62mg (11.05%), Fiber: 2.72g (10.88%), Vitamin E: 1.27mg (8.46%), Magnesium: 25mg (6.25%), Iron: 1.09mg (6.08%), Vitamin B2: 0.1mg (5.71%), Phosphorus: 49.15mg (4.92%), Vitamin B3: 0.92mg (4.59%), Copper: 0.09mg (4.5%), Vitamin B1: 0.06mg (4.21%), Zinc: 0.48mg (3.19%), Selenium: 1.69µg (2.41%), Vitamin B5: 0.17mg (1.71%)