



## Traditional Napa Cabbage Kimchi

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



89 kcal

SIDE DISH

### Ingredients

- 1 bunch spring onion cut into 1-inch lengths
- 1 cup sea salt
- 1 garlic separated peeled
- 8 servings water
- 0.3 cup shrimp salted
- 1 radishes grated peeled
- 1 teaspoon sugar
- 0.5 cup to-ban-jan

- 2 inch ginger
- 2 heads napa cabbage cut into quarters or 2-inch wedges, depending on size of cabbage

## Equipment

- food processor
- bowl
- blender
- colander

## Directions

- Dissolve 1 cup salt in 1/2 gallon water. Soak cabbage in the salt water for 3 to 4 hours.
- Combine garlic, ginger, and fish sauce or shrimp in food processor or blender until finely minced.
- In large bowl, combine radish, green onions, mustard greens, garlic mixture, chili powder, 1 tablespoon salt and optional sugar. Toss gently but thoroughly. (If mixing with your hands, be sure to wear rubber gloves to avoid chili burn.)
- Remove cabbage from water and rinse thoroughly.
- Drain cabbage in colander, squeezing as much water from the leaves as possible. Take cabbage and stuff radish mixture between leaves, working from outside in, starting with largest leaf to smallest. Do not overstuff, but make sure radish mixture adequately fills leaves. When entire cabbage is stuffed, take one of the larger leaves and wrap tightly around the rest of the cabbage. Divide cabbage among 4 (1-quart) jars or 1-gallon jar, pressing down firmly to remove any air bubbles.
- Let sit for 2 to 3 days in a cool place before serving.
- Remove kimchi from jar and slice into 1-inch-length pieces. If serving before kimchi is fermented, sprinkle with a little bit of sesame oil and sesame seeds. Refrigerate after opening.
- Kimchi will be good enough to eat straight for up to about 3 weeks. After about 4 weeks, once the kimchi gets too fermented to eat by itself, use it to make hot pots, flatcakes, dumplings, or just plain fried rice.

## Nutrition Facts



■ PROTEIN **22.48%** ■ FAT **21.09%** ■ CARBS **56.43%**

## Properties

Glycemic Index:26.39, Glycemic Load:1.94, Inflammation Score:-10, Nutrition Score:27.765217397524%

## Flavonoids

Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

## Nutrients (% of daily need)

Calories: 88.91kcal (4.45%), Fat: 2.62g (4.03%), Saturated Fat: 0.47g (2.96%), Carbohydrates: 15.79g (5.26%), Net Carbohydrates: 7.81g (2.84%), Sugar: 4.85g (5.39%), Cholesterol: 11.9mg (3.97%), Sodium: 14431.02mg (627.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.29g (12.58%), Vitamin K: 118.38µg (112.74%), Vitamin A: 5129.75IU (102.6%), Vitamin C: 61.7mg (74.78%), Folate: 184.14µg (46.03%), Vitamin B6: 0.84mg (42.06%), Vitamin E: 5.93mg (39.54%), Manganese: 0.73mg (36.66%), Fiber: 7.97g (31.9%), Potassium: 864.5mg (24.7%), Calcium: 245.88mg (24.59%), Iron: 3.48mg (19.32%), Copper: 0.31mg (15.72%), Vitamin B2: 0.26mg (15.01%), Magnesium: 58.1mg (14.52%), Vitamin B3: 2.65mg (13.24%), Phosphorus: 127.81mg (12.78%), Zinc: 1.34mg (8.91%), Vitamin B1: 0.13mg (8.66%), Selenium: 4.49µg (6.42%), Vitamin B5: 0.38mg (3.76%)