

health-score74%

HEALTH SCORE

Watermelon Kimchi

☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

740 min.

SERVINGS

servings

4

CALORIES

calories

288 kcal

SIDE DISH

Ingredients

- ☐ 1 cup korean chili flakes
- ☐ 0.5 cup fish sauce
- ☐ 1 inch ginger fresh peeled
- ☐ 6 cloves garlic
- ☐ 2 tablespoons kosher salt
- ☐ 0.5 medium onion
- ☐ 1 bunch scallions sliced
- ☐ 1 tablespoon sugar

☐ 0.3 watermelon seedless peeled cut into 1-inch pieces, flesh reserved

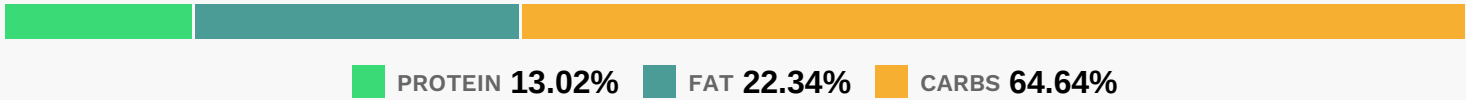
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet

Directions

- ☐ Watch how to make this recipe.
- ☐ Sprinkle the watermelon rind with the salt and toss to combine. Set aside for 30 minutes until the moisture has drawn out.
- ☐ Drain the rind and pat dry on a paper-towel-lined baking sheet.
- ☐ Add 1 cup of the watermelon flesh, fish sauce, sugar, garlic, ginger and onion to a food processor. Pulse until combined.
- ☐ Transfer to a bowl and stir in the Korean chili flakes.
- ☐ Add the drained watermelon rind and the scallions and toss to combine.
- ☐ Transfer to a jar and let it rest for at least 12 hours before serving.

Nutrition Facts



Properties

Glycemic Index:62.19, Glycemic Load:17.94, Inflammation Score:-10, Nutrition Score:40.832174187121%

Flavonoids

Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

Nutrients (% of daily need)

Calories: 288.39kcal (14.42%), Fat: 8.94g (13.76%), Saturated Fat: 1.52g (9.48%), Carbohydrates: 58.2g (19.4%), Net Carbohydrates: 35.97g (13.08%), Sugar: 26.54g (29.49%), Cholesterol: 0mg (0%), Sodium: 6740.08mg (293.05%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.72g (23.45%), Vitamin A: 19201.38IU (384.03%), Vitamin E: 22.74mg (151.62%), Fiber: 22.23g (88.91%), Vitamin B6: 1.56mg (77.94%), Vitamin K: 75.35µg (71.76%), Manganese: 1.3mg (64.78%), Iron: 11.37mg (63.16%), Potassium: 1614.61mg (46.13%), Magnesium: 171.55mg (42.89%), Vitamin B3: 8.12mg (40.62%), Vitamin B2: 0.65mg (38.01%), Copper: 0.75mg (37.74%), Vitamin C: 26.98mg (32.7%), Calcium: 245.44mg (24.54%), Selenium: 16.61µg (23.73%), Phosphorus: 224.1mg (22.41%), Zinc: 3mg (19.98%), Vitamin B1: 0.26mg (17.55%), Vitamin B5: 1.23mg (12.33%), Folate: 46.57µg (11.64%), Vitamin B12: 0.14µg (2.32%)