



Winter Kimchi

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



1

CALORIES



366 kcal

SIDE DISH

Ingredients

- 1 small napa cabbage with stems attached and washed quartered (abt)
- 3 liters coarse salt
- 3 tablespoons korean honey citron tea paste for less spicy (reduce)
- 0.3 rice cooked
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- 150 grams radishes julienned
- 40 grams spring onion cut into abt 2" lengths

- 15 grams chilly flakes
- 10 grams sugar
- 1 garlic clove whole
- 2 tablespoons shrimp canned (you can even use brined fish/anchovies)
- 0.1 cup fish sauce

Equipment

- food processor

Directions

- Soak the quartered cabbage in the brine solution for 4 hours, weighing the cabbage down with a heavy plate.
- Remove and drain.
- Place garlic cloves, rice, fermented shrimp, fish sauce, sugar, chilly paste and chilly flakes in a food processor and zap to a smooth paste. Stir in spring onions.
- Stuff the cabbage with the paste, making sure to stuff in between the individual leaves and coating every inch of it.
- Place kimchi into an airtight container and leave at room temperature for a day before leaving it to ferment further in the fridge for at least another week before consuming. I left mine for about 3 weeks.

Nutrition Facts



PROTEIN 22.15% **FAT 7.28%** **CARBS 70.57%**

Properties

Glycemic Index:523.09, Glycemic Load:14.8, Inflammation Score:-10, Nutrition Score:56.358695652174%

Flavonoids

Pelargonidin: 94.7mg, Pelargonidin: 94.7mg, Pelargonidin: 94.7mg, Pelargonidin: 94.7mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin:

4.41mg, Quercetin: 4.41mg

Taste

Sweetness: 1.08%, Saltiness: 100%, Sourness: 0.36%, Bitterness: 0.64%, Savoriness: 0.23%, Fattiness: 0.22%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 366.05kcal (18.3%), Fat: 3.36g (5.17%), Saturated Fat: 0.67g (4.17%), Carbohydrates: 73.36g (24.45%), Net Carbohydrates: 57.17g (20.79%), Sugar: 31.78g (35.31%), Cholesterol: 47.61mg (15.87%), Sodium: 1437536.75mg (62501.6%), Protein: 23.02g (46.05%), Vitamin K: 471.48µg (449.03%), Vitamin C: 281.48mg (341.19%), Manganese: 5.71mg (285.58%), Folate: 793.8µg (198.45%), Calcium: 1700.54mg (170.05%), Vitamin B6: 2.45mg (122.42%), Iron: 17.53mg (97.37%), Potassium: 3289.4mg (93.98%), Copper: 1.75mg (87.29%), Vitamin A: 3370.57IU (67.41%), Fiber: 16.2g (64.78%), Magnesium: 244.73mg (61.18%), Zinc: 6.92mg (46.13%), Phosphorus: 400.99mg (40.1%), Vitamin B2: 0.6mg (35.05%), Vitamin B1: 0.45mg (30.19%), Vitamin B3: 5.65mg (28.26%), Selenium: 13.95µg (19.93%), Vitamin B5: 1.28mg (12.78%), Vitamin E: 1.42mg (9.48%), Vitamin B12: 0.14µg (2.32%)