

# KIMCHI



## A FUNCTIONAL FOOD



### What is it and where is it from?

Kimchi is a common side dish, which resembles a fermented slaw, that came from Korea. Its recipe dates back to 55 B.C.



### Ingredients:

napa cabbage, radish, carrot, salt, garlic, fish sauce, chili powder, scallions

### Nutrient Content:

Per 100g (2/3 cup)  
498mg of Sodium -  
22% of Daily Value  
1.6g Fiber -  
12% of Daily Value



### Health Benefits:

Since kimchi is a fermented dish, there are lots of microorganisms in it! These are called probiotics and are beneficial for your gut health!

### Fun Facts:

- Kimchi has a strong, spicy, distinct flavor.
- The main ingredient, napa cabbage, is only grown in California and Oregon within the U.S.
- Kimchi has over 13 varieties of it depending on what region you eat it in.

References:  
<https://www.thespruceeats.com/kimchi-1328777>

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