KOREAN · SNACK · SIDE

Gim-gui (Korean Roasted Seaweed Sheets)

15 min · Makes 10 × 2 sheets · 49 kcal a portion · Video 7:53 · Maangchi

Vegan · Gluten-free ingredients · No nuts listed

Crisp, savoury seaweed with no added sugar: about 50 kcal, under 1 g of net carbs and nearly 2 g of fibre for two sheets.

Diet notes: Keto (0.4 g net carbs a serve); Low saturated fat (0.4 g, 7% of the energy); DASH-friendly (180 mg sodium a serve); Paleo with a swap: olive, avocado or coconut oil instead of the grapeseed oil.

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Ingredients 4 · MAKES 10 × 2 SHEETS

- [ ] 20 **gim seaweed sheets** (unroasted laver/nori, about 2.5 g each)
- [ ] 2 tbsp **grapeseed oil** (or other cooking oil)
- [ ] 2 tsp **toasted sesame oil**
- [ ] 1 tsp **kosher salt**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Sesame. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Mix the cooking oil and sesame oil in a small bowl and put the salt in another. Lay a sheet of gim shiny side up on a paper towel. 0:53
2. Brush or rub a thin layer of the oil over the shiny side only, then sprinkle a small pinch of salt over it. Repeat with all 20 sheets, stacking them. 1:21
3. Roll the stack loosely in the paper towel to soak up excess oil. 2:38
4. Heat a griddle to about 160–180 °C or a large pan over low to medium heat. Lay one sheet shiny side up, press it with a spatula for about 15 seconds until it turns crisp and green. 2:53
5. Lay the next sheet on top rough side up, flip the stack so the new sheet is underneath, and press again for about 15 seconds. Keep adding sheets this way so only the rough sides touch the heat, until all are crisp. 3:37
6. Cut the stack into small squares with scissors or a knife. Eat as a snack or wrap around rice; store airtight. 5:04

> **Tip** Keeps 3–4 days airtight at room temperature, or freeze for a month and take out what you need. In Korea it is also eaten with rice and kimchi as a side dish. Use a little less salt if you are watching sodium.

The method is a summary in our words — the video shows every step.

One portion (2 sheets) gives you 1 OF 10 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
49 kcal	**2** g	**2.2** g	**1.8** g	**3.8** g	**180** mg
210 kJ	4% of a day	0.4 g net · 0 g sugars 1% of a day	6% of a day	0.4 g saturated 5% of a day	8% of a day

Energy from net carbs 4% · protein 18% · fat 78% — fits keto: 0.4 g net carbs, 78% of the energy from fat

High in (20%+ of a day) Vitamin B12 62%

Source of (10–19%) Folate 19% · Omega-3 16% · Vitamin A 14%

Recipe and video: Maangchi (@Maangchi) on YouTube — youtube.com/watch?v=EWK0AIPrVSc, published 9 March 2014. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/gim-gui-korean-roasted-seaweed