



HEALTH SCORE

11%

Chinese Eggplant Fries



Vegetarian



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



373 kcal

SIDE DISH

Ingredients

- 1 pinch ground pepper to taste
- 1 cup cornmeal
- 2 eggplant peeled sliced into fries
- 2 eggs beaten
- 2 cups flour all-purpose
- 6 servings salt and pepper to taste
- 3 tablespoons vegetable oil

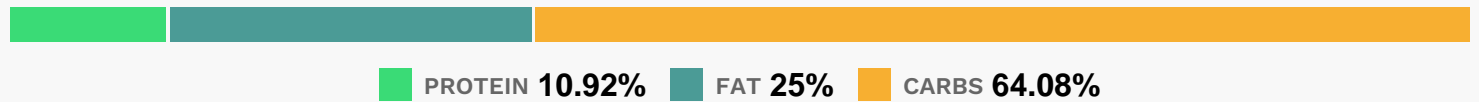
Equipment

- bowl
- frying pan
- paper towels

Directions

- In a shallow bowl, stir together the flour, cornmeal, cayenne pepper, salt, and black pepper.
- Place the eggs in a separate bowl.
- Heat the oil in a large skillet over medium heat. A few at a time, dip the eggplant pieces into the egg, then into the flour mixture, then back into the egg, and back into the flour mixture. Fry the eggplant in the hot oil until golden brown.
- Drain on paper towels, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:35.85, Inflammation Score:-6, Nutrition Score:15.716087009596%

Flavonoids

Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 372.73kcal (18.64%), Fat: 10.44g (16.06%), Saturated Fat: 1.89g (11.81%), Carbohydrates: 60.21g (20.07%), Net Carbohydrates: 52.01g (18.91%), Sugar: 5.97g (6.63%), Cholesterol: 54.56mg (18.19%), Sodium: 219.57mg (9.55%), Alcohol: 0g (100%), Protein: 10.26g (20.52%), Manganese: 0.81mg (40.66%), Fiber: 8.2g (32.8%), Vitamin B1: 0.47mg (31.47%), Folate: 125.76µg (31.44%), Selenium: 20.68µg (29.54%), Vitamin B2: 0.35mg (20.83%), Vitamin B3: 4.12mg (20.59%), Iron: 3.34mg (18.54%), Vitamin K: 18.08µg (17.22%), Phosphorus: 170.35mg (17.04%), Vitamin B6: 0.33mg (16.41%), Magnesium: 60.69mg (15.17%), Potassium: 500.14mg (14.29%), Copper: 0.26mg (12.93%), Zinc: 1.55mg (10.32%), Vitamin B5: 0.99mg (9.94%), Vitamin E: 1.3mg (8.64%), Vitamin C: 3.37mg (4.09%), Calcium: 29.94mg (2.99%), Vitamin A: 121.25IU (2.42%), Vitamin B12: 0.13µg (2.18%), Vitamin D: 0.29µg (1.96%)