



## Crispy Chinese Noodles with Eggplant and Peanuts

 Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



652 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 3 tablespoons canola oil
- ☐ 1 tablespoon cornstarch
- ☐ 4 tablespoons dry-roasted peanuts unsalted chopped
- ☐ 1 medium eggplant cubed
- ☐ 2 tablespoons vegetarian fish sauce
- ☐ 1 tablespoon ginger root fresh minced
- ☐ 1 tablespoon mint leaves fresh chopped

- ☐ 4 cloves garlic minced
- ☐ 2 cups onion sliced
- ☐ 1 bell pepper red julienned
- ☐ 0.3 cup red wine vinegar
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons cooking sherry
- ☐ 0.3 cup water
- ☐ 1 tablespoon sugar white
- ☐ 16 ounces wheat noodles fresh chinese

## Equipment

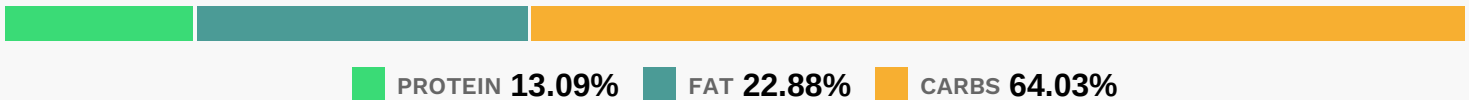
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ spatula
- ☐ colander

## Directions

- ☐ Place the eggplant cubes into a colander.
- ☐ Add the salt and toss well.
- ☐ Let the eggplant drain for 15 minutes, then rinse it lightly with water.
- ☐ Let the eggplant drain again in the colander.
- ☐ Bring a large pot of water to a boil.
- ☐ Add the noodles and boil them for about 5 minutes, until they are tender.
- ☐ Drain and rinse well with cold water.
- ☐ Let the noodles drain in a colander for at least 10 minutes.
- ☐ Combine the sherry with the cornstarch in a small bowl.

- ☐ Mix well and set aside.
- ☐ In a saucepan combine the red wine vinegar, water, ginger, sugar, imitation fish sauce, and onions. Bring the mixture to a boil, turn the heat to low and let the mixture simmer for 5 minutes.
- ☐ In a large skillet, preferably non-stick, heat 1 1/2 tablespoon oil over medium-high heat.
- ☐ Add the eggplant, and cook it for 5 minutes, stirring frequently.
- ☐ Add the garlic and red pepper and cook, stirring occasionally for 5 minutes more or until the eggplant softens.
- ☐ Add both the onion-vinegar mixture and the cornstarch-sherry mixture. Cook for 2 to 3 minutes, stirring occasionally. Keep the mixture warm.
- ☐ In a large non-stick skillet heat the remaining 1 1/2 tablespoons oil over medium-high heat. When the oil begins to smoke, add the noodles, then place two or three plates on top of them so that more surface area will brown.
- ☐ Let the noodles sit over medium-high heat for 5 minutes. When the noodles have developed a golden brown crust on the underside remove the plates, turn the noodles over with a spatula and cook them 5 minutes on the other side. Then take the pan off the heat.
- ☐ Add the peanuts to the eggplant mixture, and spoon it onto plates. Divide the noodles into four parts, and place them atop the vegetables and sauce.
- ☐ Sprinkle with mint, if you like, and serve.

## Nutrition Facts



## Properties

Glycemic Index:54.77, Glycemic Load:5.46, Inflammation Score:-9, Nutrition Score:32.376956390298%

## Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg

Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 16.41mg, Quercetin: 16.41mg, Quercetin: 16.41mg, Quercetin: 16.41mg

Nutrients (% of daily need)

Calories: 651.76kcal (32.59%), Fat: 17.42g (26.8%), Saturated Fat: 1.92g (12%), Carbohydrates: 109.69g (36.56%), Net Carbohydrates: 103.17g (37.52%), Sugar: 12.14g (13.49%), Cholesterol: 0mg (0%), Sodium: 1350.81mg (58.73%), Alcohol: 0.77g (100%), Alcohol %: 0.23% (100%), Protein: 22.43g (44.86%), Manganese: 4.21mg (210.51%), Selenium: 85.64µg (122.35%), Vitamin C: 48.06mg (58.25%), Magnesium: 226.43mg (56.61%), Vitamin B1: 0.69mg (46.1%), Vitamin B3: 8.71mg (43.55%), Phosphorus: 399.21mg (39.92%), Copper: 0.74mg (36.9%), Folate: 137.68µg (34.42%), Vitamin B6: 0.64mg (31.91%), Iron: 5.2mg (28.9%), Fiber: 6.53g (26.1%), Potassium: 826.9mg (23.63%), Zinc: 3.37mg (22.48%), Vitamin A: 1013.86IU (20.28%), Vitamin B5: 1.81mg (18.09%), Vitamin E: 2.67mg (17.83%), Vitamin B2: 0.27mg (16.12%), Vitamin K: 13.35µg (12.72%), Calcium: 101.36mg (10.14%)