



Eggplant and Onion Noodle Salad with Warm Soy-Rice Vinaigrette

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



188 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.1 teaspoon pepper black
- 2.5 cups baby bok choy leaves chopped
- 1 teaspoon sesame oil dark
- 1 tablespoon cilantro leaves fresh chopped
- 1 garlic clove minced
- 1 cup green beans trimmed
- 1 spring onion

- 1 teaspoon honey
- 1 pound baby eggplant cut in half lengthwise
- 1 teaspoon kosher salt
- 4 ounces lo mein noodles hot cooked uncooked
- 2 tablespoons soy sauce low-sodium
- 1 to 2 chilies slit green red minced seeded (such as Fresno)
- 2 tablespoons rice vinegar
- 1 tablespoon sesame seed toasted
- 1 cup onion sweet ()

Equipment

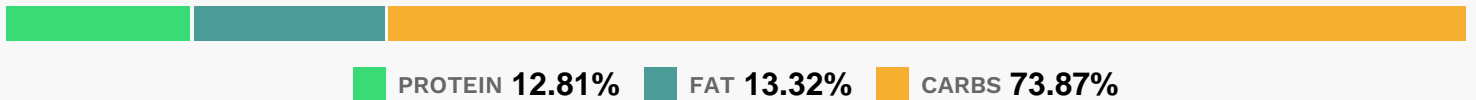
- bowl
- frying pan
- sauce pan
- whisk
- microwave
- colander
- grill pan

Directions

- Place the eggplant halves in a colander, and sprinkle with salt. Toss well; drain 1 hour. Rinse well, and pat dry.
- Place beans in a large saucepan of boiling water; cook 4 minutes.
- Drain and plunge into ice water; drain.
- Place beans in a large bowl.
- Combine vinegar and next 6 ingredients (vinegar through chile pepper) in a microwave-safe dish, stirring with a whisk. Microwave at HIGH 1 minute.
- Heat a large nonstick or cast-iron grill pan coated with cooking spray over medium-high heat.
- Add eggplant halves to pan; cook 3 minutes on each side or until just tender.

- Remove from pan.
- Add onion to pan; cook 3 minutes on each side or until tender.
- Remove from pan.
- Cut eggplant halves diagonally into 1 1/2-inch-wide pieces. Coarsely chop onion.
- Add eggplant pieces, chopped onion, bok choy, and noodles to green beans; toss to combine.
- Add vinegar mixture, green onion, sesame seeds, and cilantro; toss well to coat.

Nutrition Facts



Properties

Glycemic Index:84.82, Glycemic Load:2.48, Inflammation Score:-9, Nutrition Score:13.62608703323%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 2.52mg, Kaempferol: 2.52mg, Kaempferol: 2.52mg, Kaempferol: 2.52mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 7.89mg, Quercetin: 7.89mg, Quercetin: 7.89mg

Nutrients (% of daily need)

Calories: 188.46kcal (9.42%), Fat: 2.92g (4.49%), Saturated Fat: 0.35g (2.19%), Carbohydrates: 36.43g (12.14%), Net Carbohydrates: 30.2g (10.98%), Sugar: 9.36g (10.4%), Cholesterol: 0mg (0%), Sodium: 1029.56mg (44.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.31g (12.63%), Vitamin A: 2208.23IU (44.16%), Vitamin K: 42.59µg (40.56%), Vitamin C: 29.64mg (35.93%), Manganese: 0.54mg (26.93%), Fiber: 6.23g (24.9%), Folate: 79.61µg (19.9%), Vitamin B6: 0.31mg (15.57%), Potassium: 526.91mg (15.05%), Magnesium: 48.25mg (12.06%), Copper: 0.24mg (11.77%), Calcium: 101.02mg (10.1%), Phosphorus: 93.31mg (9.33%), Vitamin B1: 0.12mg (8.2%), Iron: 1.48mg (8.2%), Vitamin B2: 0.14mg (8.09%), Vitamin B3: 1.42mg (7.08%), Vitamin B5: 0.49mg (4.94%), Zinc: 0.63mg (4.19%), Vitamin E: 0.57mg (3.82%), Selenium: 1.84µg (2.62%)