



Eggplant Fillets with Cream Sauce

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

85 min.

SERVINGS

servings

4

CALORIES

calories

359 kcal

SIDE DISH

Ingredients

- ☐ 1 cup full fat coconut cream
- ☐ 2 eggplants quartered cut into 1/2 inch strips
- ☐ 1 tablespoon juice of lime
- ☐ 1 tablespoon miso paste
- ☐ 1 dash sesame oil
- ☐ 0.5 cup soya sauce
- ☐ 2 cups seasoned tomato sauce
- ☐ 1.5 tablespoons vegetable oil

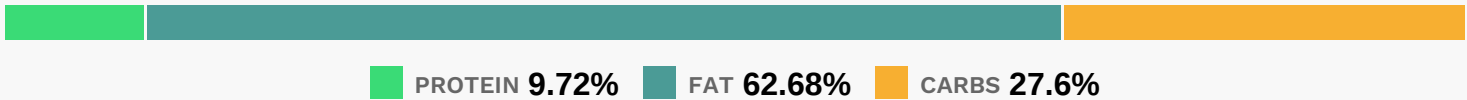
Equipment

- ☐ sauce pan
- ☐ wok

Directions

- ☐ Peel some, but not all, skin from eggplant.
- ☐ Place eggplant in a shallow dish and cover with soy sauce. Allow to marinate for 1 hour, turning eggplant occasionally.
- ☐ In a medium saucepan, mix together coconut cream, tomato sauce, miso paste, and lime juice.
- ☐ Place over low heat and allow to simmer, stirring occasionally. When sauce comes to a boil, remove from heat and cover with lid.
- ☐ Heat vegetable oil and sesame oil in a wok over high heat. Fry eggplant filets a few at a time, until golden brown on both sides. You may need to replenish oil between batches.
- ☐ Serve eggplant over rice or noodles, with sauce spooned over top.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:4.8, Inflammation Score:-7, Nutrition Score:19.072174116159%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 358.7kcal (17.93%), Fat: 27.22g (41.88%), Saturated Fat: 19.44g (121.5%), Carbohydrates: 26.97g (8.99%), Net Carbohydrates: 16.47g (5.99%), Sugar: 13.26g (14.74%), Cholesterol: 0mg (0%), Sodium: 2366.17mg (102.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.5g (19%), Manganese: 1.63mg (81.33%), Fiber: 10.5g (42.02%), Potassium: 1158.03mg (33.09%), Copper: 0.61mg (30.56%), Vitamin B3: 4.42mg (22.12%), Iron: 3.87mg (21.51%),

Vitamin K: 22.13µg (21.07%), Phosphorus: 206.22mg (20.62%), Vitamin B6: 0.41mg (20.42%), Folate: 81.61µg (20.4%), Magnesium: 81.18mg (20.29%), Vitamin C: 16.42mg (19.9%), Vitamin E: 2.88mg (19.2%), Vitamin B5: 1.31mg (13.07%), Vitamin B2: 0.22mg (12.88%), Vitamin A: 588.67IU (11.77%), Vitamin B1: 0.16mg (10.59%), Zinc: 1.45mg (9.66%), Calcium: 53.11mg (5.31%), Selenium: 1.96µg (2.79%)