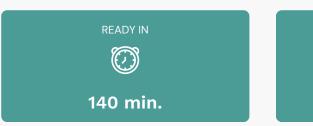


## **Eggplant Fries with Honey and Sea Salt**







SIDE DISH

## Ingredients

I teaspoon garlic salt
O.5 teaspoon ground pepper black
4 servings honey as needed
2 cup ice cubes
4 servings vegetable oil; peanut oil preferred for frying as needed ( )
1 cup rice flour
4 servings sea salt to taste
4 servings water as needed

Equipment		
	bowl	
	paper towels	
	whisk	
	colander	
	deep fryer	
Diı	rections	
	Place the eggplant strips in a large bowl.	
	Add ice and enough water to cover.	
	Place a plate on top of eggplant to weigh it down. Cover and chill for at least 2 hours and up to 12 hours. When ready to fry, heat the oil in a deep fryer to about 360 degrees F. Meanwhile, whisk rice flour, garlic salt, and pepper in a medium bowl to blend.	
	Drain eggplant in a colander, then working in batches, toss damp eggplant in rice flour mixture to coat. Fry eggplant in batches to avoid crowding, rolling them in the oil occasionally, until golden brown; 3–4 minutes per batch. (Reheat oil to 360 degrees F between batches.)	
	Transfer the cooked fries to a paper towel lined plate to drain. Season with sea salt while hot.	
	Serve immediately with a drizzle of honey.Like this:Like Loading	
	Nutrition Facts	
	PROTEIN 5.06% FAT 15.82% CARBS 79.12%	
	1 KOTEM 0.00 /0 1 AT 10.02 /0 OAKB5 7 3.12 /0	

## **Properties**

Glycemic Index:38.07, Glycemic Load:24.18, Inflammation Score:-1, Nutrition Score:3.7169564900029%

## Nutrients (% of daily need)

Calories: 193.06kcal (9.65%), Fat: 3.38g (5.19%), Saturated Fat: 0.63g (3.94%), Carbohydrates: 37.98g (12.66%), Net Carbohydrates: 36.94g (13.43%), Sugar: 5.8g (6.44%), Cholesterol: Omg (0%), Sodium: 793.23mg (34.49%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 2.43g (4.85%), Manganese: 0.52mg (25.97%), Vitamin B6: 0.18mg (8.84%), Selenium: 6.11µg (8.73%), Copper: 0.12mg (5.76%), Vitamin B3: 1.05mg (5.24%), Magnesium: 18.14mg (4.53%), Fiber: 1.04g (4.15%), Phosphorus: 39.88mg (3.99%), Vitamin B1: 0.06mg (3.7%), Vitamin B5:

0.34mg (3.36%), Vitamin E: 0.49mg (3.24%), Zinc: 0.38mg (2.51%), Calcium: 16.65mg (1.67%), Iron: 0.2mg (1.12%), Potassium: 37.52mg (1.07%)