



Eggplant Fries with Honey and Sea Salt



Vegetarian



Gluten Free



Dairy Free

READY IN



140 min.

SERVINGS



4

CALORIES



193 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon garlic salt
- ☐ 0.5 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

Directions

- ☐ 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



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: 0mg (0%), Sodium: 793.23mg (34.49%), Alcohol: 0g (100%), Alcohol %: 0% (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%)