



Hot and Sour Chinese Eggplant



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



143 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon chili oil to taste
- ☐ 1 teaspoon cornstarch
- ☐ 2 long eggplants chinese cubed
- ☐ 1 chile pepper green chopped
- ☐ 1 tablespoon red wine vinegar
- ☐ 2 teaspoons salt
- ☐ 1.5 tablespoons soya sauce
- ☐ 2 tablespoons vegetable oil

☐ 1 tablespoon sugar white

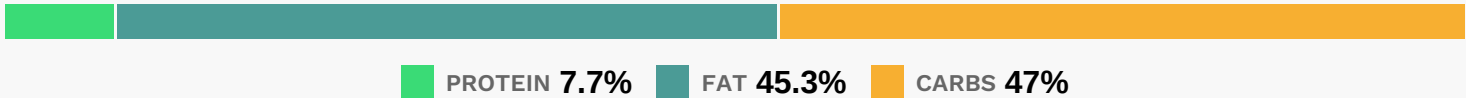
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ wok

Directions

- ☐ Place the eggplant cubes into a large bowl, and sprinkle with salt. Fill with enough water to cover, and let stand for 30 minutes. Rinse well, and drain on paper towels.
- ☐ In a small bowl, stir together the soy sauce, red wine vinegar, sugar, chile pepper, cornstarch and chili oil. Set the sauce aside.
- ☐ Heat the vegetable oil in a large skillet or wok over medium-high heat. Fry the eggplant until it is tender and begins to brown, 5 to 10 minutes.
- ☐ Pour in the sauce, and cook and stir until the sauce is thick and the eggplant is evenly coated.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.77, Glycemic Load:4.12, Inflammation Score:-5, Nutrition Score:8.5260869471923%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 143.04kcal (7.15%), Fat: 7.73g (11.89%), Saturated Fat: 1.18g (7.4%), Carbohydrates: 18.05g (6.02%), Net Carbohydrates: 10.75g (3.91%), Sugar: 11.57g (12.85%), Cholesterol: 0mg (0%), Sodium: 1582.22mg (68.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.91%), Fiber: 7.3g (29.2%), Manganese: 0.57mg (28.5%), Vitamin K: 20.82µg (19.83%), Potassium: 540.5mg (15.44%), Folate: 51.6µg (12.9%), Vitamin B6: 0.21mg (10.29%),

Copper: 0.2mg (9.82%), Vitamin E: 1.32mg (8.77%), Vitamin B3: 1.75mg (8.76%), Magnesium: 34.96mg (8.74%),
Vitamin C: 6.41mg (7.77%), Vitamin B5: 0.67mg (6.69%), Phosphorus: 64.1mg (6.41%), Vitamin B1: 0.09mg (6.22%),
Vitamin B2: 0.1mg (5.62%), Iron: 0.72mg (4.01%), Zinc: 0.4mg (2.67%), Calcium: 22.95mg (2.3%), Selenium: 0.78µg
(1.11%), Vitamin A: 52.67IU (1.05%)