



Hot & sour aubergines

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



2

CALORIES



319 kcal

SIDE DISH

Ingredients

- 2 tbsp vegetable oil
- 2 small er aubergines cut into 2½ cm chunks
- 1 large onion cut into half moons
- 2 garlic cloves thinly sliced
- 1 chilli red thinly sliced
- 1 small pack coriander
- 2 tbsp soya sauce
- 2 tbsp red wine vinegar black chinese

1 tbsp golden caster sugar

1 tsp cornflour

Equipment

bowl

frying pan

wok

Directions

In a small bowl, mix together the sauce ingredients.

Heat a large frying pan and pour in 1 tbsp of the oil. Season the aubergine and brown on all sides until soft (you may need to add another 1 tbsp oil as they cook) this will take about 15 mins. Set aside.

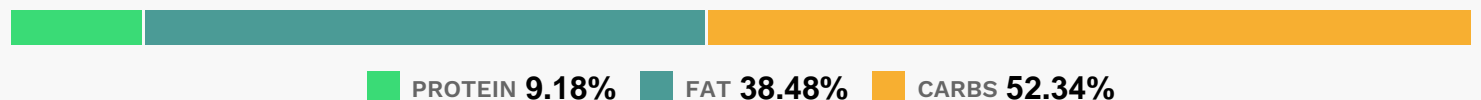
Pour the remaining oil into a wok.

Add the onion and garlic, and stir-fry for 3–4 mins on a low heat until the onion is soft and the garlic golden.

Add the aubergine and pour the sauce over. Stir together, turn the heat down to low and cover with a lid for 2 mins. Take the lid off and stir-fry again for 1 min more.

Serve with chilli slices and coriander sprinkled over.

Nutrition Facts



Properties

Glycemic Index:89.5, Glycemic Load:6.65, Inflammation Score:-9, Nutrition Score:22.636956297833%

Flavonoids

Delphinidin: 392.46mg, Delphinidin: 392.46mg, Delphinidin: 392.46mg, Delphinidin: 392.46mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 15.99mg, Quercetin: 15.99mg, Quercetin: 15.99mg, Quercetin: 15.99mg

Nutrients (% of daily need)

Calories: 318.67kcal (15.93%), Fat: 14.64g (22.52%), Saturated Fat: 2.28g (14.22%), Carbohydrates: 44.79g (14.93%), Net Carbohydrates: 29.19g (10.62%), Sugar: 26.7g (29.67%), Cholesterol: 0mg (0%), Sodium: 1023.6mg (44.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.85g (15.71%), Manganese: 1.36mg (67.84%), Fiber: 15.6g (62.39%), Vitamin C: 49.24mg (59.68%), Vitamin K: 47.64µg (45.37%), Potassium: 1299.99mg (37.14%), Vitamin B6: 0.67mg (33.29%), Folate: 124.19µg (31.05%), Copper: 0.47mg (23.48%), Magnesium: 86.17mg (21.54%), Vitamin B3: 4.09mg (20.45%), Vitamin E: 2.68mg (17.89%), Phosphorus: 171.38mg (17.14%), Vitamin B1: 0.25mg (16.44%), Vitamin B5: 1.52mg (15.24%), Vitamin B2: 0.24mg (14.2%), Iron: 2.06mg (11.43%), Vitamin A: 388.79IU (7.78%), Calcium: 77.21mg (7.72%), Zinc: 1.04mg (6.95%), Selenium: 2.54µg (3.63%)