



Hunan Eggplant

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



87 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper red crushed
- 1 teaspoon sesame oil dark
- 1 pound eggplant 1-inch-thick peeled cut lengthwise into slices
- 2 garlic cloves minced
- 1 tablespoon green onions thinly sliced
- 1 tablespoon juice of lemon fresh
- 0.1 teaspoon salt
- 0.5 teaspoon sugar

2 tablespoons vegetable broth canned

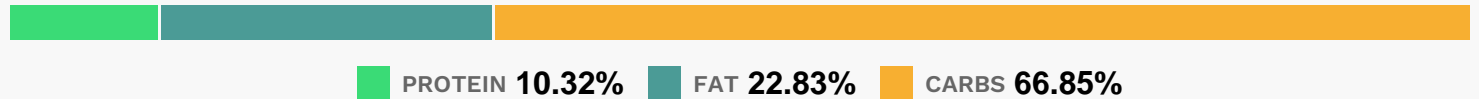
Equipment

sauce pan

Directions

- Cut eggplant slices in half crosswise. Steam eggplant, covered, 5 minutes or until tender.
- Combine broth, juice, oil, sugar, and salt in a small saucepan; bring to a boil. Divide eggplant evenly between 2 plates; drizzle with 2 tablespoons sauce.
- Sprinkle with onions, pepper, and garlic.

Nutrition Facts



Properties

Glycemic Index:103.55, Glycemic Load:3.07, Inflammation Score:-6, Nutrition Score:8.5043477390123%

Flavonoids

Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 86.76kcal (4.34%), Fat: 2.49g (3.82%), Saturated Fat: 0.37g (2.34%), Carbohydrates: 16.38g (5.46%), Net Carbohydrates: 9.32g (3.39%), Sugar: 9.44g (10.49%), Cholesterol: 0mg (0%), Sodium: 215.05mg (9.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.06%), Manganese: 0.59mg (29.33%), Fiber: 7.05g (28.22%), Potassium: 552.32mg (15.78%), Vitamin K: 14.74µg (14.03%), Folate: 53.48µg (13.37%), Vitamin B6: 0.24mg (11.91%), Vitamin C: 9.39mg (11.39%), Copper: 0.2mg (9.95%), Magnesium: 33.93mg (8.48%), Vitamin B3: 1.54mg (7.72%), Vitamin B5: 0.67mg (6.69%), Vitamin B1: 0.1mg (6.57%), Phosphorus: 61.48mg (6.15%), Vitamin E: 0.83mg (5.56%), Vitamin B2: 0.09mg (5.49%), Vitamin A: 188.87IU (3.78%), Iron: 0.67mg (3.71%), Calcium: 29.38mg (2.94%), Zinc: 0.42mg (2.83%), Selenium: 1.19µg (1.7%)