



## Japanese Mabo Tofu With Eggplant

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 servings rice
- 1 small eggplant chinese (smaller than regular eggplant)
- 1 medium size onion finely chopped
- 1 tablespoon ginger fresh finely chopped
- 2 garlic clove finely chopped
- 0.8 pound ground beef (or pork)
- 4 spring onion finely chopped
- 2 tablespoons cooking oil neutral (canola, grapeseed)

- 1 tablespoon sesame oil
- 6 tablespoons soya sauce
- 2 tablespoons rice wine
- 2 tablespoons rice wine
- 2 tablespoons rice wine
- 1.5 teaspoons sugar
- 2 tablespoons water
- 1 tablespoon to-ban-jan red (Korean chili paste)

## Equipment

- frying pan

## Directions

- Cook rice according to directions on package (I like to use Nishiki rice).
- Slice eggplant lengthwise into 4 strips. Slice horizontally into quarters. Set aside.
- In a pan over medium/high heat, add 2 tbsp oil, garlic, ginger, onions and half of the spring onions. Cook for 3 to 4 minutes, until onions are translucent.
- Add ground beef and season with a bit of salt & pepper. When the meat is cooked, add to-ban-jan and stir.
- Add sesame oil and eggplant and cook for 5 to 7 minutes, until the strips are soft and cooked through.
- Add tofu and delicately break it up while mixing it in.
- Add sake, sugar, water, 4 tbsp soy sauce, stir and cook for a couple of minutes.
- Add the remaining 2 tbsp soy sauce and spring onions, stir and turn the heat off.
- Serve over rice.

## Nutrition Facts

 PROTEIN 19.7%  FAT 63.36%  CARBS 16.94%

## Properties

Glycemic Index:70.07, Glycemic Load:3.64, Inflammation Score:-7, Nutrition Score:17.193043478261%

## Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg

## Taste

Sweetness: 44.82%, Saltiness: 100%, Sourness: 16.78%, Bitterness: 33.5%, Savoriness: 44.73%, Fattiness: 68.17%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 417.36kcal (20.87%), Fat: 28.11g (43.25%), Saturated Fat: 7.65g (47.82%), Carbohydrates: 16.91g (5.64%), Net Carbohydrates: 11.7g (4.25%), Sugar: 7.63g (8.48%), Cholesterol: 60.38mg (20.13%), Sodium: 1604.69mg (69.77%), Alcohol: 3.62g (20.13%), Protein: 19.67g (39.33%), Vitamin K: 38.1µg (36.28%), Vitamin B12: 1.82µg (30.33%), Vitamin B3: 5.77mg (28.86%), Zinc: 4.07mg (27.16%), Manganese: 0.54mg (26.88%), Vitamin B6: 0.53mg (26.51%), Phosphorus: 220.76mg (22.08%), Selenium: 14.63µg (20.91%), Fiber: 5.21g (20.82%), Potassium: 681.43mg (19.47%), Vitamin E: 2.81mg (18.72%), Iron: 3.2mg (17.8%), Vitamin A: 739.66IU (14.79%), Vitamin B2: 0.25mg (14.6%), Magnesium: 52.22mg (13.06%), Folate: 49.79µg (12.45%), Copper: 0.24mg (11.79%), Vitamin B5: 0.93mg (9.33%), Vitamin C: 7.38mg (8.94%), Vitamin B1: 0.13mg (8.37%), Calcium: 57.22mg (5.72%)