



Mapo Eggplant



Dairy Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup chicken broth
- ☐ 2 tablespoons chili bean paste
- ☐ 1 tablespoon chili sauce to taste
- ☐ 1 tablespoon cornstarch
- ☐ 2 pounds eggplant cut into bit sized pieces
- ☐ 1 tablespoon fermented black beans chopped for 20 minutes and
- ☐ 2 tablespoons garlic chopped
- ☐ 2 tablespoons ginger grated

- ☐ 1 bunch green onions sliced
- ☐ 0.5 pound ground pork
- ☐ 1 tablespoon oil
- ☐ 1 tablespoon sichuan peppercorns toasted
- ☐ 2 tablespoons fermented bean paste
- ☐ 1 teaspoon sesame oil
- ☐ 2 tablespoons soya sauce
- ☐ 1 tablespoon water

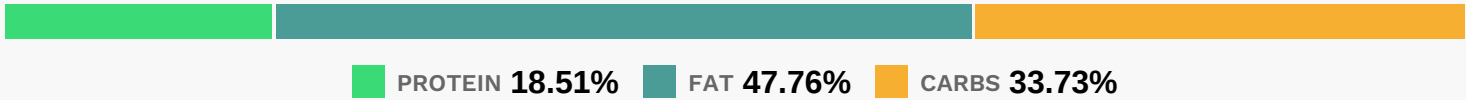
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a pan over medium heat.
- ☐ Add the ground pork and saute until cooked, about 5–7 minutes.
- ☐ Add the garlic, ginger, black beans, and saute until fragrant, about a minute.
- ☐ Add the eggplant and saute for 5 minutes.
- ☐ Mix in the chili bean paste, fermented bean paste, chili sauce, soy sauce and chicken broth, bring to a simmer, reduce the heat cover and cook until the eggplant is tender, about 15–20 minutes.
- ☐ Mix the cornstarch into the water, mix it into the pan and cook until the sauce thickens, about a minute.
- ☐ Remove from heat, mix in the sesame oil and Sichuan peppercorns and serve garnished with green onions.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:2.88, Inflammation Score:-6, Nutrition Score:17.022173860799%

Flavonoids

Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 317.7kcal (15.89%), Fat: 17.57g (27.03%), Saturated Fat: 5.05g (31.54%), Carbohydrates: 27.91g (9.3%), Net Carbohydrates: 19.38g (7.05%), Sugar: 13.4g (14.89%), Cholesterol: 41.41mg (13.8%), Sodium: 702.97mg (30.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.32g (30.64%), Manganese: 0.99mg (49.73%), Vitamin B1: 0.54mg (36.03%), Fiber: 8.53g (34.13%), Vitamin K: 27.44µg (26.14%), Vitamin B6: 0.51mg (25.53%), Potassium: 830.34mg (23.72%), Vitamin B3: 4.65mg (23.27%), Selenium: 15.75µg (22.51%), Phosphorus: 186.38mg (18.64%), Vitamin B2: 0.27mg (15.96%), Folate: 60.26µg (15.06%), Copper: 0.3mg (15.04%), Magnesium: 55.91mg (13.98%), Zinc: 1.8mg (12.01%), Vitamin C: 9.82mg (11.9%), Vitamin B5: 1.12mg (11.23%), Iron: 1.92mg (10.68%), Vitamin E: 1.48mg (9.88%), Vitamin B12: 0.4µg (6.71%), Calcium: 59.21mg (5.92%), Vitamin A: 171.99IU (3.44%)