



Miso-Glazed Eggplant



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



202 kcal

SIDE DISH

Ingredients

- ☐ 6 asian eggplants) halved lengthwise
- ☐ 1 tablespoon ginger fresh finely grated peeled
- ☐ 6 tablespoons shiro miso white (fermented soybean paste)
- ☐ 3 tablespoons rice vinegar (not seasoned)
- ☐ 2 scallions finely chopped
- ☐ 3.8 teaspoons sugar
- ☐ 2 tablespoons vegetable oil plus additional for brushing pan
- ☐ 1.5 tablespoons water

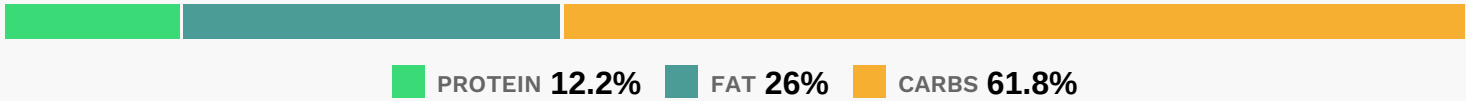
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Whisk together shiro miso, vinegar, water, sugar, and ginger until sugar is dissolved.
- ☐ Brush a large shallow baking pan with oil and arrange eggplant, cut sides up, in pan.
- ☐ Brush tops with 2 tablespoons oil (total). Broil eggplant 4 to 6 inches from heat until it begins to turn pale golden and soften, 4 to 5 minutes.
- ☐ Brush generously with miso mixture and broil 2 minutes more.
- ☐ Brush eggplant with miso again and rotate pan 180 degrees (do not turn eggplant over), then continue to broil until eggplant is tender and glaze is golden brown, 2 to 3 minutes.
- ☐ Serve sprinkled with scallions.
- ☐ *Available at Asian markets, specialty foods shops, and Uwajimaya (800-889-1928).

Nutrition Facts



Properties

Glycemic Index:43.02, Glycemic Load:7.87, Inflammation Score:-7, Nutrition Score:17.364347840781%

Flavonoids

Delphinidin: 392.46mg, Delphinidin: 392.46mg, Delphinidin: 392.46mg, Delphinidin: 392.46mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 201.51kcal (10.08%), Fat: 6.4g (9.85%), Saturated Fat: 1.02g (6.4%), Carbohydrates: 34.24g (11.41%), Net Carbohydrates: 19.46g (7.08%), Sugar: 19.83g (22.04%), Cholesterol: 0mg (0%), Sodium: 644.42mg (28.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.76g (13.52%), Manganese: 1.22mg (61.11%), Fiber: 14.79g (59.14%), Vitamin K: 37.63µg (35.84%), Potassium: 1100.61mg (31.45%), Folate: 106.68µg (26.67%), Copper: 0.45mg (22.48%), Vitamin B6: 0.42mg (21.14%), Magnesium: 73.7mg (18.42%), Vitamin B3: 3.16mg (15.78%), Phosphorus: 139.15mg (13.91%), Vitamin B5: 1.35mg (13.5%), Vitamin C: 10.89mg (13.2%), Vitamin B1: 0.2mg (13.18%), Vitamin B2: 0.21mg (12.54%), Vitamin E: 1.77mg (11.81%), Iron: 1.55mg (8.6%), Zinc: 1.19mg (7.93%), Calcium: 54.59mg (5.46%), Selenium: 2.65µg (3.79%), Vitamin A: 160.01IU (3.2%)