



Miso Glazed Grilled Japanese Eggplant

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



3

CALORIES



545 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup canola oil
- 6 eggplant halved lengthwise
- 3 servings mint leaves fresh chopped for garnish
- 0.3 cup mirin
- 3 servings pepper black freshly ground
- 2 tablespoons sugar
- 0.5 cup miso white (also called shiro miso)

Equipment

whisk

grill

Directions

Preheat a charcoal grill or kamado-style ceramic charcoal cooker for direct grilling over high heat.

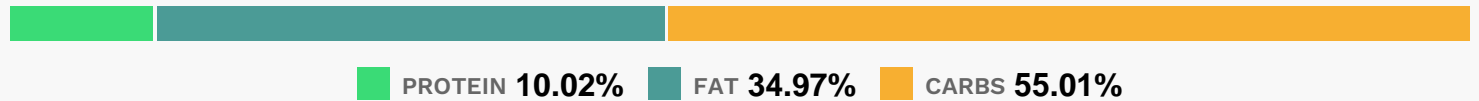
Whisk together the miso, mirin, sugar and 2 tablespoons water until combined.

Brush the cut-side of the eggplant with the oil and season with salt and pepper. Grill the eggplant, cut-side down, until lightly golden brown, about 4 minutes. Turn the eggplant over, brush with some of the glaze and continue grilling for 2 more minutes.

Brush with more glaze, flip over and grill until the cut-side is caramelized, about 4 minutes.

Remove to a platter, cut-side up, and sprinkle with mint.

Nutrition Facts



Properties

Glycemic Index:64.36, Glycemic Load:19.1, Inflammation Score:-9, Nutrition Score:33.432173785956%

Flavonoids

Delphinidin: 784.92mg, Delphinidin: 784.92mg, Delphinidin: 784.92mg, Delphinidin: 784.92mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 545.42kcal (27.27%), Fat: 23.11g (35.55%), Saturated Fat: 2.16g (13.48%), Carbohydrates: 81.78g (27.26%), Net Carbohydrates: 51.72g (18.81%), Sugar: 47.79g (53.1%), Cholesterol: 0mg (0%), Sodium: 1878.76mg (81.69%), Alcohol: 1.97g (100%), Protein: 14.89g (29.78%), Manganese: 2.54mg (127.18%), Fiber: 30.06g (120.24%), Potassium: 2201.07mg (62.89%), Vitamin K: 58.96µg (56.15%), Folate: 211.39µg (52.85%), Copper: 0.94mg (46.98%), Vitamin B6: 0.86mg (43.11%), Vitamin E: 6.02mg (40.14%), Magnesium: 151.21mg (37.8%), Vitamin B3: 6.38mg (31.89%), Phosphorus: 293.6mg (29.36%), Vitamin B5: 2.73mg (27.33%), Vitamin B1: 0.4mg (26.87%), Vitamin B2: 0.45mg (26.47%), Vitamin C: 20.47mg (24.81%), Iron: 3.31mg (18.4%), Zinc: 2.65mg (17.68%), Calcium: 111.52mg (11.15%), Selenium: 6.01µg (8.58%), Vitamin A: 293.58IU (5.87%)