



Nasu Dengaku (Japanese Eggplants Broiled with Miso)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



268 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons agave nectar
- 4 eggplant end trimmed cut in half lengthwise
- 4 servings spring onion sliced for garnish
- 2 tablespoons mirin
- 4 tablespoons miso white (reduced sodium, if available)
- 2 tablespoons mirin dry (may substitute vermouth or white wine)
- 0.5 teaspoon sesame oil

4 servings sesame seed toasted for garnish

Equipment

baking sheet

oven

broiler

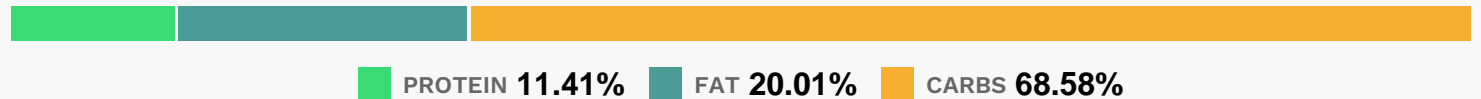
Directions

Brush the cut sides of the eggplants with the sesame oil, if desired.

Put the eggplants cut-side down on a baking sheet and place under the broiler of your oven for about 3 minutes, checking often to make sure that they do not burn. Turn them over, and cook for another 3 minutes or until the tops are a light to medium brown. Do not burn! (If your eggplant still isn't tender all the way through, try baking it—no broiler—a few more minutes; then proceed with the recipe.) When the eggplants are tender, top each one with the miso sauce and put them back under the broiler until the sauce bubbles up—this should take less than a minute, so watch them closely.

Serve hot, sprinkled with toasted sesame seeds and green onions.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:8.25, Inflammation Score:-8, Nutrition Score:21.164347761999%

Flavonoids

Delphinidin: 392.46mg, Delphinidin: 392.46mg, Delphinidin: 392.46mg, Delphinidin: 392.46mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 267.66kcal (13.38%), Fat: 6.4g (9.85%), Saturated Fat: 0.96g (5.99%), Carbohydrates: 49.38g (16.46%), Net Carbohydrates: 33.59g (12.21%), Sugar: 30.1g (33.44%), Cholesterol: 0mg (0%), Sodium: 710.76mg (30.9%), Alcohol: 1.56g (100%), Alcohol %: 0.38% (100%), Protein: 8.21g (16.42%), Manganese: 1.42mg (70.79%), Fiber: 15.79g (63.16%), Copper: 0.78mg (38.77%), Vitamin K: 37.04µg (35.28%), Potassium: 1139.15mg (32.55%), Folate: 120.32µg (30.08%), Vitamin B6: 0.52mg (26.11%), Magnesium: 101.72mg (25.43%), Phosphorus: 189.65mg (18.96%), Vitamin

B1: 0.28mg (18.74%), Vitamin B3: 3.63mg (18.14%), Vitamin C: 13.88mg (16.83%), Vitamin B2: 0.26mg (15.27%), Iron: 2.74mg (15.24%), Vitamin B5: 1.35mg (13.53%), Calcium: 133.39mg (13.34%), Zinc: 1.81mg (12.09%), Vitamin E: 1.59mg (10.6%), Selenium: 5.62µg (8.03%), Vitamin A: 180.67IU (3.61%)