



Roasted Eggplant with Sichuan-Style Pork

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



595 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup balsamic vinegar
- 0.3 cup canola oil
- 4 servings rice white steamed for serving
- 1 pound japanese eggplants trimmed halved lengthwise
- 6 cloves garlic minced
- 1 knob ginger finely grated peeled
- 1 pound ground pork
- 4 servings kosher salt and pepper black freshly ground

- 1 bunch scallions white green separated thinly sliced
- 0.3 cup soya sauce
- 2 tablespoons sambal oelek

Equipment

- frying pan
- baking sheet
- oven
- knife
- offset spatula

Directions

- Preheat the oven to 425 degrees F with a rack set on the middle shelf.
- Use a sharp paring knife to lightly score the flesh of each eggplant 6 to 8 times.
- Place the on a baking sheet and toss with 2 tablespoons of the oil and season liberally with salt and pepper.
- Place the eggplant, cut-side down, and bake until the eggplant starts to soften and the skin starts to brown, about 15 minutes. Use a large offset spatula to gently flip the eggplant over and bake until the flesh is completely softened and light golden brown, about 15 more minutes.
- Heat the remaining oil over medium-high heat in a large saute pan.
- Add the pork and 1/4 teaspoon salt. Cook, breaking up the meat, until lightly browned and no longer pink, about 5 minutes.
- Add the scallion whites, garlic and ginger and cook for 2 minutes, stirring constantly. Stir in the chili-garlic sauce, soy sauce, vinegar, 1/2 cup water and half of the scallion greens. Simmer over medium-low heat for 10 minutes, stirring occasionally.
- To serve, spoon the pork over the roasted eggplant and garnish with the remaining scallion greens.
- Serve with steamed rice.

Nutrition Facts



■ PROTEIN 16.54% ■ FAT 58.75% ■ CARBS 24.71%

Properties

Glycemic Index:78.25, Glycemic Load:26.88, Inflammation Score:-5, Nutrition Score:20.158695588941%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 594.71kcal (29.74%), Fat: 38.51g (59.24%), Saturated Fat: 10.06g (62.9%), Carbohydrates: 36.45g (12.15%), Net Carbohydrates: 31.99g (11.63%), Sugar: 8.34g (9.26%), Cholesterol: 81.65mg (27.22%), Sodium: 1299.58mg (56.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.39g (48.78%), Vitamin B1: 0.91mg (60.74%), Selenium: 34.96µg (49.94%), Manganese: 0.84mg (41.94%), Vitamin B6: 0.69mg (34.61%), Vitamin B3: 6.61mg (33.05%), Phosphorus: 290.86mg (29.09%), Vitamin K: 26.61µg (25.34%), Zinc: 3.22mg (21.44%), Vitamin B2: 0.35mg (20.63%), Potassium: 698.35mg (19.95%), Vitamin E: 2.86mg (19.07%), Fiber: 4.46g (17.84%), Vitamin B5: 1.47mg (14.72%), Magnesium: 57.22mg (14.3%), Vitamin B12: 0.79µg (13.23%), Copper: 0.24mg (12.07%), Iron: 2.05mg (11.41%), Folate: 39.62µg (9.9%), Vitamin C: 5.83mg (7.07%), Calcium: 54.13mg (5.41%), Vitamin A: 94.79IU (1.9%)