



 1%  
HEALTH SCORE

## Spicy Eggplant

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



6

CALORIES



138 kcal

SIDE DISH

## Ingredients

- 1.5 pounds eggplant (each)
- 1 strips cilantro leaves fresh peeled chopped
- 1.5 teaspoons dashi granules instant
- 3 tablespoons mirin
- 0.3 teaspoon pepper dried red hot
- 3 tablespoons soya sauce
- 1.5 tablespoons sugar
- 4 tablespoons vegetable oil

3 cups water

## Equipment

bowl

slotted spoon

tongs

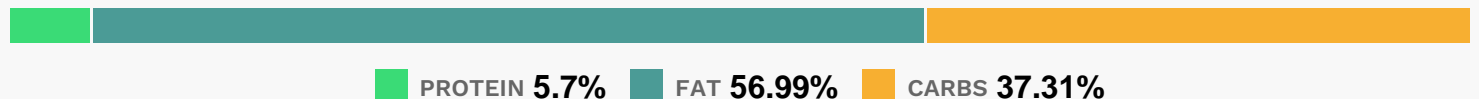
## Directions

Cut eggplants crosswise into 1-inch-thick rounds. In a 5-quart heavy kettle heat 2 tablespoons oil over moderately high heat until hot but not smoking and brown cut sides of eggplant in 2 batches (adding remaining 2 tablespoons oil before second batch), turning eggplant occasionally with tongs.

In kettle combine eggplant and remaining ingredients. Simmer mixture, uncovered, stirring occasionally, until eggplant is very tender but not falling apart, about 15 minutes. With a slotted spoon carefully transfer eggplant to a bowl. Boil liquid remaining in kettle, skimming froth, until reduced to about 1/2 cup and add sauce to eggplant.

Serve eggplant warm or at room temperature with some sauce and garnished with gingerroot, cilantro, and sprouts.

## Nutrition Facts



## Properties

Glycemic Index:24.52, Glycemic Load:3.14, Inflammation Score:-3, Nutrition Score:5.2182608436307%

## Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 138.41kcal (6.92%), Fat: 9.31g (14.32%), Saturated Fat: 1.43g (8.91%), Carbohydrates: 13.71g (4.57%), Net Carbohydrates: 10.2g (3.71%), Sugar: 9.16g (10.18%), Cholesterol: 0mg (0%), Sodium: 581.34mg (25.28%), Alcohol: 0.85g (100%), Protein: 2.1g (4.19%), Vitamin K: 21.25µg (20.24%), Manganese: 0.31mg (15.51%), Fiber: 3.51g (14.03%), Potassium: 282.37mg (8.07%), Vitamin E: 1.12mg (7.46%), Folate: 26.74µg (6.69%), Copper: 0.13mg (6.25%), Vitamin B6: 0.12mg (5.77%), Vitamin B3: 1.12mg (5.6%), Magnesium: 20.84mg (5.21%), Phosphorus: 39.62mg (3.96%),

Vitamin B5: 0.35mg (3.54%), Vitamin B2: 0.06mg (3.39%), Vitamin B1: 0.05mg (3.32%), Vitamin C: 2.54mg (3.08%),  
Iron: 0.5mg (2.77%), Calcium: 16.34mg (1.63%), Zinc: 0.24mg (1.59%), Vitamin A: 62.09IU (1.24%)