



Spicy Glazed Eggplant



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



6

CALORIES



76 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon shichimi togarashi to taste (sometimes labeled "shichimi togarashi")
- ☐ 1 tablespoon chives finely chopped
- ☐ 0.3 pounds eggplant trimmed halved lengthwise (4)
- ☐ 0.5 teaspoon ginger finely grated peeled (use a Microplane)
- ☐ 2 tablespoons rice wine sweet (Japanese rice wine)
- ☐ 2 tablespoons soya sauce
- ☐ 3 tablespoons vegetable oil

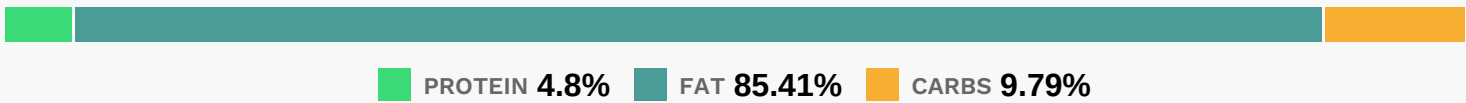
Equipment

- ☐ frying pan
- ☐ colander

Directions

- ☐ Toss eggplant with 1 teaspoon salt and drain in a colander, stirring occasionally, 45 minutes.
- ☐ Rinse eggplant under cold water and dry well, pressing out any excess moisture.
- ☐ Stir together mirin, soy sauce, ginger, and seven-spice powder.
- ☐ Heat oil in a 12-inch heavy skillet over medium-high heat until it shimmers, then sauté eggplant until browned, about 8 minutes. Stir in mirin mixture and cook, gently stirring and turning frequently, until sauce becomes a glaze and eggplant is browned and tender, about 1 minute.
- ☐ Serve hot or at room temperature, sprinkled with chives.
- ☐ • Eggplant can be sliced, salted, rinsed, and pressed 1 day ahead. Chill, covered. • Eggplant, without chives, can be made 2 hours ahead and kept at room temperature.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.21, Inflammation Score:-1, Nutrition Score:1.7886956489604%

Flavonoids

Delphinidin: 16.2mg, Delphinidin: 16.2mg, Delphinidin: 16.2mg, Delphinidin: 16.2mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 75.54kcal (3.78%), Fat: 6.85g (10.54%), Saturated Fat: 1.05g (6.54%), Carbohydrates: 1.77g (0.59%), Net Carbohydrates: 1.12g (0.41%), Sugar: 0.78g (0.87%), Cholesterol: 0mg (0%), Sodium: 336.36mg (14.62%), Alcohol: 0.81g (100%), Alcohol %: 2.73% (100%), Protein: 0.87g (1.73%), Vitamin K: 14.28µg (13.6%), Vitamin E: 0.63mg (4.2%), Manganese: 0.08mg (3.84%), Fiber: 0.65g (2.58%), Vitamin B3: 0.37mg (1.85%), Potassium: 60.23mg (1.72%), Vitamin B6: 0.03mg (1.49%), Folate: 5.79µg (1.45%), Magnesium: 5.69mg (1.42%), Phosphorus: 13.11mg (1.31%), Copper: 0.03mg (1.27%), Iron: 0.21mg (1.16%), Vitamin B2: 0.02mg (1.01%)