



Spicy Hoisin Glazed Eggplant



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



329 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 2 tablespoons freshly cilantro leaves chopped
- ☐ 1 medium eggplant ends trimmed cut into 1/ slices, lengthwise
- ☐ 1 inch ginger fresh roughly chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 0.5 cup hoisin sauce
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 6 tablespoons olive oil

- ☐ 1 teaspoon chili flakes red
- ☐ 1 tablespoon rice wine vinegar
- ☐ 4 servings salt and pepper black freshly ground

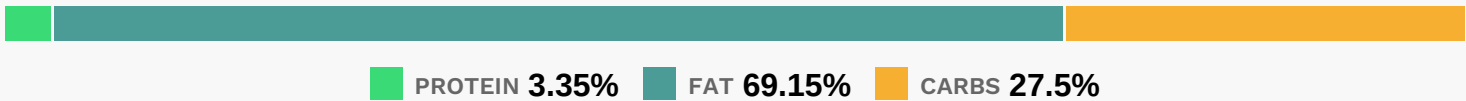
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Heat the oil in a small saucepan over medium heat.
- ☐ Add the ginger, garlic and red chili flakes and cook until soft, 3 to 4 minutes.
- ☐ Remove from the heat and whisk in the hoisin, vinegar and soy sauce until combined and then strain, reserving the sauce.
- ☐ Heat grill to high.
- ☐ Brush eggplant slices on both sides with the oil and season with salt and pepper.
- ☐ Place the slices on the grill and grill until golden brown and slightly charred, 4 to 5 minutes.
- ☐ Brush with some of the glaze, turn over and continue grilling just until cooked through, brushing with more of the glaze, 3 to 4 minutes longer.
- ☐ Remove from the grill and brush with the remaining glaze.
- ☐ Transfer to a platter and sprinkle with the cilantro.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:1.18, Inflammation Score:-4, Nutrition Score:7.6760869907296%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 329.17kcal (16.46%), Fat: 25.98g (39.97%), Saturated Fat: 3.41g (21.31%), Carbohydrates: 23.24g (7.75%), Net Carbohydrates: 18.55g (6.74%), Sugar: 13.53g (15.03%), Cholesterol: 1.03mg (0.34%), Sodium: 712.46mg (30.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.66%), Vitamin E: 4.3mg (28.63%), Manganese: 0.42mg (21.17%), Vitamin K: 20.66µg (19.67%), Fiber: 4.7g (18.79%), Potassium: 342.88mg (9.8%), Folate: 35.37µg (8.84%), Vitamin B2: 0.13mg (7.88%), Vitamin B6: 0.16mg (7.82%), Copper: 0.15mg (7.71%), Magnesium: 29.18mg (7.29%), Vitamin B3: 1.28mg (6.38%), Phosphorus: 51.99mg (5.2%), Iron: 0.92mg (5.11%), Vitamin C: 3.27mg (3.96%), Vitamin A: 190.83IU (3.82%), Vitamin B5: 0.38mg (3.77%), Vitamin B1: 0.05mg (3.5%), Calcium: 28.18mg (2.82%), Zinc: 0.37mg (2.48%), Selenium: 1.34µg (1.91%)