



WHATSheATE



Stir Fried Japanese Eggplant with Ginger and Miso



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



236 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



2 Tbsp miso white (we used miso)



1.5 teaspoons sake



450 g japanese eggplants (4 to 5 long, skinny eggplants)



6 Tbsp rice bran oil



2 chili peppers dried whole red



1 Tbsp slivered ginger fresh peeled



1 Tbsp mint leaves fresh finely sliced

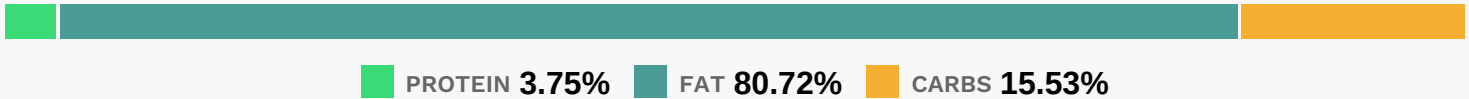
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Stir the miso and the sake together in a small bowl, set aside.
- ☐ Slice the eggplants in half lengthwise. Then slice them on a diagonal, crosswise, in a little less than 1/2-inch thick slices.
- ☐ Heat chilies in oil, add ginger and eggplant slices to stir fry:
- ☐ Heat the chilies in the oil in a wok or large skillet on medium heat. Once the chilies start to sizzle, and you can smell the aroma of the chilies, add the ginger and eggplant slices, and toss to coat with the oil. Stir gently for several minutes until the eggplant pieces are shiny and soft.
- ☐ Add the miso-sake mixture to the eggplant pieces and gently stir to coat.
- ☐ Remove from heat. Stir in the chopped shiso, Thai basil, or mint leaves, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:2.05, Inflammation Score:-4, Nutrition Score:6.4730434670396%

Flavonoids

Delphinidin: 96.4mg, Delphinidin: 96.4mg, Delphinidin: 96.4mg, Delphinidin: 96.4mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 235.6kcal (11.78%), Fat: 21.74g (33.45%), Saturated Fat: 2.15g (13.42%), Carbohydrates: 9.41g (3.14%), Net Carbohydrates: 5.44g (1.98%), Sugar: 4.63g (5.15%), Cholesterol: 0mg (0%), Sodium: 319.92mg (13.91%), Alcohol: 0.3g (100%), Alcohol %: 0.26% (100%), Protein: 2.27g (4.55%), Vitamin E: 6.4mg (42.66%), Manganese: 0.34mg

(17.24%), Fiber: 3.97g (15.89%), Potassium: 290.16mg (8.29%), Folate: 27.14µg (6.79%), Copper: 0.13mg (6.64%), Vitamin K: 6.7µg (6.38%), Vitamin B6: 0.12mg (5.84%), Magnesium: 21.24mg (5.31%), Vitamin B3: 0.85mg (4.24%), Phosphorus: 41.91mg (4.19%), Vitamin B2: 0.07mg (3.89%), Vitamin B1: 0.05mg (3.54%), Vitamin B5: 0.35mg (3.52%), Vitamin C: 2.77mg (3.36%), Iron: 0.52mg (2.88%), Zinc: 0.41mg (2.74%), Vitamin A: 116.48IU (2.33%), Calcium: 16.43mg (1.64%), Selenium: 0.98µg (1.4%)