



Stir-Fried Tamarind Eggplant

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



6

CALORIES



130 kcal

SIDE DISH

Ingredients

- 1 teaspoon cornstarch
- 2 pounds eggplant trimmed cut into 1-inch cubes
- 2 tablespoons fish sauce
- 2 medium garlic clove finely chopped
- 2 teaspoons granulated sugar
- 1 medium bell pepper red cored seeded thinly sliced
- 2 tablespoons rice wine dry
- 2 tablespoons soya sauce

- 1 tablespoon tamarind paste
- 0.5 cup basil fresh
- 1 thai chile stemmed thinly sliced
- 3 tablespoons vegetable oil

Equipment

- bowl
- frying pan
- whisk
- wok
- spatula

Directions

- Heat a 14-inch flat-bottomed wok or large frying pan (do not use nonstick) over high heat until a bead of water dances when dropped in the pan, about 1 to 2 minutes.
- Drizzle 1 tablespoon of the oil around the perimeter of the pan and add half of the eggplant. Using a metal spatula, stir-fry until crisp-tender and charred in spots, about 2 minutes.
- Transfer to a large bowl. Repeat with another tablespoon of the oil and the remaining eggplant.
- Drizzle the last tablespoon of oil around the perimeter of the pan and add the bell pepper, garlic, and chile. Stir-fry until the peppers are crisp-tender, about 1 minute.
- Add the reserved eggplant and any accumulated juices and stir to combine.
- Whisk the reserved sauce to recombine and add it to the pan. Stir-fry until the sauce has thickened, is glossy, and coats the vegetables, about 1 minute.
- Remove the pan from the heat, add the basil leaves, and toss to combine.
- Serve immediately with rice.

Nutrition Facts



PROTEIN 8.48% FAT 48.04% CARBS 43.48%

Properties

Glycemic Index:52.02, Glycemic Load:3.63, Inflammation Score:-7, Nutrition Score:9.9200001009133%

Flavonoids

Delphinidin: 129.56mg, Delphinidin: 129.56mg, Delphinidin: 129.56mg, Delphinidin: 129.56mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 130.39kcal (6.52%), Fat: 7.18g (11.04%), Saturated Fat: 1.1g (6.94%), Carbohydrates: 14.62g (4.87%), Net Carbohydrates: 9.42g (3.43%), Sugar: 8.9g (9.89%), Cholesterol: 0mg (0%), Sodium: 811.15mg (35.27%), Alcohol: 0.81g (100%), Alcohol %: 0.5% (100%), Protein: 2.85g (5.7%), Vitamin C: 30.72mg (37.24%), Vitamin K: 27.23µg (25.94%), Manganese: 0.46mg (22.9%), Fiber: 5.2g (20.8%), Vitamin A: 768.76IU (15.38%), Potassium: 447.73mg (12.79%), Folate: 48.41µg (12.1%), Vitamin B6: 0.24mg (11.96%), Magnesium: 40.87mg (10.22%), Vitamin E: 1.35mg (8.97%), Vitamin B3: 1.63mg (8.16%), Copper: 0.15mg (7.58%), Vitamin B1: 0.09mg (5.9%), Phosphorus: 55.9mg (5.59%), Vitamin B2: 0.09mg (5.45%), Vitamin B5: 0.53mg (5.32%), Iron: 0.79mg (4.4%), Calcium: 26.46mg (2.65%), Zinc: 0.36mg (2.42%), Selenium: 1.34µg (1.91%)