



9%
HEALTH SCORE

Strange Flavor Eggplant Spread

 Vegetarian  Vegan  Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



228 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 3 tablespoons brown sugar
- 3 tablespoons brown sugar
- 1 large eggplant
- 1 crusty baguette french sliced into 1/4 inch rounds
- 1 tablespoon ginger fresh minced
- 1 tablespoon garlic minced
- 0.5 cup spring onion chopped
- 2 tablespoons vegetable oil; peanut oil preferred

- 0.3 teaspoon pepper red
- 1 teaspoon rice vinegar
- 0.5 teaspoon sesame oil
- 3 tablespoons soya sauce
- 1 tablespoon water hot

Equipment

- food processor
- baking sheet
- oven
- blender
- wok

Directions

- Preheat the oven to 450 degrees F (220 degrees C). Prick the eggplant several times with a fork, and remove the leaves.
- Place on a baking sheet.
- Bake for 30 minutes in the oven, turning over once, until tender.
- Remove from the oven, and slit open to cool.
- While the eggplant are still warm, remove the stem end and peel.
- Cut into chunks, and place them in the container of a blender or food processor. Process until smooth.
- In a small dish, combine the garlic, ginger, green onions, and red pepper flakes. In a separate dish, stir together the soy sauce, brown sugar, rice vinegar, and hot water.
- Heat a wok over high heat until hot enough to evaporate a drop of water.
- Pour in the peanut oil, and swirl to coat the wok. When the oil is hot, dump in the garlic mixture, and stir-fry for about 15 seconds.
- Pour in the soy sauce mixture, and bring to a simmer. Stir in the eggplant puree, cooking just until heated through.

Remove to a serving dish, and stir in the sesame oil. Allow to cool, and serve at room temperature as a spread for the bread.

Nutrition Facts



■ PROTEIN 10.18% ■ FAT 24.43% ■ CARBS 65.39%

Properties

Glycemic Index:40.63, Glycemic Load:14.75, Inflammation Score:-5, Nutrition Score:9.1286957471267%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 228.17kcal (11.41%), Fat: 6.33g (9.73%), Saturated Fat: 1.1g (6.86%), Carbohydrates: 38.11g (12.7%), Net Carbohydrates: 34.57g (12.57%), Sugar: 16.68g (18.53%), Cholesterol: 0mg (0%), Sodium: 768.35mg (33.41%), Alcohol: 0g (100%), Protein: 5.93g (11.86%), Manganese: 0.46mg (23.16%), Vitamin K: 21.36µg (20.34%), Vitamin B1: 0.29mg (19.02%), Folate: 68.64µg (17.16%), Vitamin B3: 2.83mg (14.14%), Fiber: 3.53g (14.14%), Iron: 2.08mg (11.56%), Selenium: 7.88µg (11.26%), Vitamin B2: 0.19mg (10.88%), Potassium: 296.34mg (8.47%), Vitamin E: 1.17mg (7.79%), Vitamin B6: 0.16mg (7.78%), Phosphorus: 75.89mg (7.59%), Copper: 0.14mg (7.24%), Magnesium: 28.86mg (7.21%), Calcium: 71.38mg (7.14%), Vitamin C: 3.72mg (4.51%), Vitamin B5: 0.44mg (4.39%), Zinc: 0.55mg (3.67%), Vitamin A: 125.47IU (2.51%)