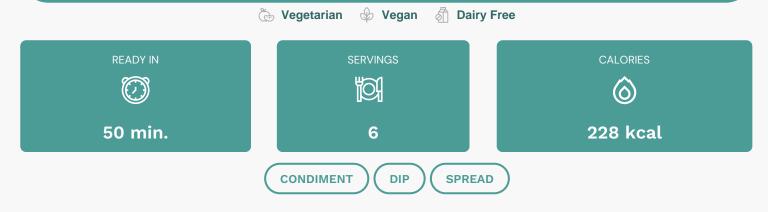


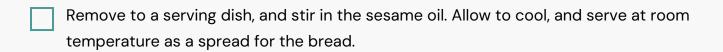
Strange Flavor Eggplant Spread



Ingredients

3 tablespoons brown sugar
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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

	O.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	
	. •	
DII	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.	



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: 0.94mg, 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: Omg (0%), Sodium: 768.35mg (33.41%), Alcohol: Og (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%)