



## Strange Flavor Eggplant Spread



Vegetarian



Vegan



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



205 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- ☐ 3 tablespoons brown sugar
- ☐ 1 large eggplant
- ☐ 1 baguette french sliced into 1/4 inch rounds
- ☐ 1 tablespoon ginger root fresh minced
- ☐ 1 tablespoon garlic minced
- ☐ 0.5 cup green onions chopped
- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 0.3 teaspoon pepper flakes 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 11.31%   ■ FAT 27.18%   ■ CARBS 61.51%

## Properties

Glycemic Index:40.63, Glycemic Load:14.75, Inflammation Score:-5, Nutrition Score:9.0491304086602%

## 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: 205.37kcal (10.27%), Fat: 6.33g (9.73%), Saturated Fat: 1.1g (6.86%), Carbohydrates: 32.22g (10.74%), Net Carbohydrates: 28.69g (10.43%), Sugar: 10.86g (12.06%), Cholesterol: 0mg (0%), Sodium: 766.67mg (33.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.93g (11.85%), Manganese: 0.46mg (22.97%), Vitamin K: 21.36µg (20.34%), Vitamin B1: 0.29mg (19.02%), Folate: 68.58µg (17.15%), Fiber: 3.53g (14.14%), Vitamin B3: 2.82mg (14.1%), Iron: 2.04mg (11.33%), Selenium: 7.81µg (11.15%), Vitamin B2: 0.19mg (10.88%), Potassium: 288.36mg (8.24%), Vitamin E: 1.17mg (7.79%), Vitamin B6: 0.15mg (7.66%), Phosphorus: 75.65mg (7.56%), Copper: 0.14mg (7.1%), Magnesium: 28.32mg (7.08%), Calcium: 66.4mg (6.64%), Vitamin C: 3.72mg (4.51%), Vitamin B5: 0.43mg (4.31%), Zinc: 0.55mg (3.65%), Vitamin A: 125.47IU (2.51%)