



Szechuan Spicy Eggplant



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



131 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 2 tablespoons brown sugar
- ☐ 2 teaspoons chili-garlic paste
- ☐ 3 tablespoons ginger fresh finely chopped
- ☐ 4 garlic cloves minced
- ☐ 0.3 cup ground pork lean
- ☐ 1 pound baby eggplant halved (or small)
- ☐ 0.3 cup chicken broth low-sodium

- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 1 tablespoon mirin sweet (rice wine)
- ☐ 0.3 teaspoon salt
- ☐ 1.5 teaspoons vegetable oil

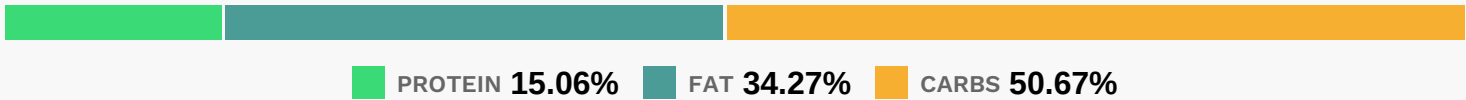
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wok

Directions

- ☐ Arrange eggplant in a vegetable steamer. Steam, covered, 5 minutes, or until eggplant is tender; set aside.
- ☐ Whisk broth and next 5 ingredients (through paste) in a bowl.
- ☐ Heat oil in a large nonstick skillet or wok over medium-high heat.
- ☐ Add garlic and ginger; stir-fry 30 seconds.
- ☐ Add pork; stir-fry 2 minutes, or until pork loses its pink color.
- ☐ Add eggplant and salt; stir in the broth mixture. Cover; reduce heat, and simmer 5 minutes.

Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:1.96, Inflammation Score:-4, Nutrition Score:6.791739181332%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 130.91kcal (6.55%), Fat: 5.05g (7.77%), Saturated Fat: 1.45g (9.05%), Carbohydrates: 16.8g (5.6%), Net Carbohydrates: 13.12g (4.77%), Sugar: 10.62g (11.8%), Cholesterol: 10.13mg (3.38%), Sodium: 452.2mg (19.66%), Alcohol: 0.6g (100%), Alcohol %: 0.43% (100%), Protein: 4.99g (9.99%), Manganese: 0.41mg (20.59%), Fiber: 3.68g (14.71%), Vitamin B6: 0.24mg (12.12%), Potassium: 398.16mg (11.38%), Vitamin B1: 0.16mg (10.85%), Vitamin B3: 1.72mg (8.62%), Phosphorus: 80.95mg (8.1%), Folate: 29.97µg (7.49%), Magnesium: 29.1mg (7.27%), Copper: 0.14mg (7.11%), Selenium: 4.78µg (6.83%), Vitamin K: 7.17µg (6.83%), Vitamin B2: 0.11mg (6.26%), Vitamin C: 4.57mg (5.54%), Vitamin B5: 0.49mg (4.9%), Zinc: 0.66mg (4.38%), Iron: 0.73mg (4.03%), Vitamin E: 0.53mg (3.53%), Calcium: 32.3mg (3.23%), Vitamin B12: 0.11µg (1.89%)