



WHATSheATE



Whole Grilled Japanese Eggplant with Lemon and Soy Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



102 kcal

SIDE DISH

Ingredients

- ☐ 1 pound eggplant
- ☐ 0.3 cup katsuo bushi dried shaved (a type of tuna)
- ☐ 4 teaspoons juice of lemon
- ☐ 2 teaspoons olive oil
- ☐ 2 tablespoons soya sauce

Equipment

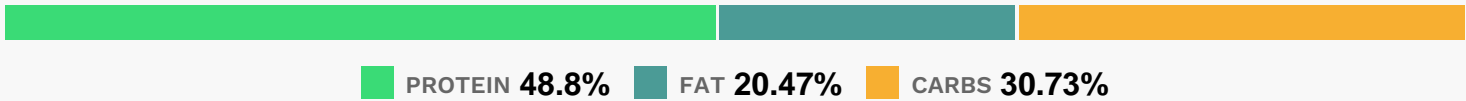
- ☐ bowl

- ☐ whisk
- ☐ grill
- ☐ skewers
- ☐ tongs

Directions

- ☐ Whisk together the soy sauce, lemon juice, and olive oil in a bowl to make the dressing; set aside. Score the stem end of each eggplant, making a circular cut in the skin (this will make the eggplant easier to peel). Poke a few holes into the eggplants with a skewer or fork to allow steam to escape as they grill.
- ☐ Preheat a grill to medium. Grill for about 8 minutes, turning the eggplants a quarter turn every 2 minutes. Try to grill the eggplant all around. Test the eggplants for doneness by pressing against their sides with a pair of tongs. If the eggplants give easily, they're ready.
- ☐ Transfer the eggplants to a plate.
- ☐ As soon as the eggplants are cool enough to handle, carefully peel off the skin (the skin comes off more easily if the eggplant is warm; don't let it cool completely). Once you've removed the skin, remove the stems, and slice each eggplant into 4 pieces, cutting on an angle.
- ☐ Transfer the eggplant slices to a platter.
- ☐ Drizzle with dressing, sprinkle with the bonito, and serve.
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- ☐ done

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:1.04, Inflammation Score:-3, Nutrition Score:4.5573912858963%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 101.77kcal (5.09%), Fat: 2.23g (3.42%), Saturated Fat: 0.32g (1.98%), Carbohydrates: 7.51g (2.5%), Net Carbohydrates: 4.03g (1.46%), Sugar: 4.28g (4.76%), Cholesterol: 9.91mg (3.3%), Sodium: 544.58mg (23.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.93g (23.87%), Manganese: 0.31mg (15.43%), Fiber: 3.49g (13.96%), Potassium: 412.13mg (11.78%), Folate: 27.57µg (6.89%), Vitamin B6: 0.12mg (5.78%), Vitamin B3: 1.1mg (5.48%), Vitamin C: 4.43mg (5.37%), Copper: 0.1mg (5.24%), Magnesium: 19.78mg (4.94%), Vitamin K: 5.17µg (4.93%), Vitamin E: 0.64mg (4.24%), Phosphorus: 39.32mg (3.93%), Vitamin B5: 0.36mg (3.59%), Vitamin B1: 0.05mg (3.38%), Vitamin B2: 0.06mg (3.32%), Iron: 0.49mg (2.72%), Zinc: 0.22mg (1.48%), Calcium: 12.33mg (1.23%)