

4-Step Chinese Garlic Eggplant

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/authentic-chinese-garlic-eggplant-recipe>

Ingredients:

- 1 eggplant cut into bite-sized pieces
- 1 tablespoon corn starch
- 2 cloves garlic minced
- 2 tablespoons canola oil
- 3 green onions sliced
- soy sauce Garlic
- 1 1/2 tablespoons soy sauce low sodium
- 1 tablespoon water
- 1 teaspoon white sugar
- 1 teaspoon corn starch
- 1/8 teaspoon ground ginger

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 14 grams
3. Fat: 7 grams
4. Fiber: 5 grams
5. Protein: 2 grams
6. Sodium: 600 milligrams
7. Sugar: 4 grams

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