

# Vegan BLTA

Yield: 2 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-crispy-eggplant-recipe>

## Ingredients:

- 2 tablespoons maple syrup
- 2 tablespoons olive oil
- 2 tablespoons apple cider vinegar
- 2 tablespoons low sodium soy sauce or tamari
- 2 teaspoons paprika
- 1/2 teaspoon kosher salt
- 1 eggplant large
- 4 slices sandwich bread
- 4 teaspoons veganaise
- 2 leaves romaine lettuce
- 1 tomato sliced
- 1 avocado sliced

## Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 70 grams
3. Fat: 30 grams
4. Fiber: 18 grams
5. Protein: 11 grams
6. SaturatedFat: 4.5 grams
7. Sodium: 1490 milligrams
8. Sugar: 23 grams

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