

Chinese Eggplant with Garlic Sauce (????)

Yield: 3 min
Total Time: 40 min

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

Ingredients:

- 1 3/4 pounds eggplant total Chinese, long, chopped
- 1 teaspoon salt
- 1 teaspoon cornstarch plus more to coat the eggplant
- 1 tablespoon light soy sauce
- 1/2 teaspoon dark soy sauce *see footnote
- 2 teaspoons sugar
- 1/2 tablespoon peanut oil or vegetable oil
- 1 teaspoon minced ginger
- 3 cloves garlic chopped

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 21 grams
3. Fat: 2.5 grams
4. Fiber: 8 grams
5. Protein: 3 grams
6. Sodium: 1140 milligrams
7. Sugar: 8 grams

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