

Chinese Eggplant and Pork

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-eggplant-recipe-with-oyster-sauce>

Ingredients:

- 2 Chinese eggplants small
- 1/4 pound ground pork
- 4 cloves garlic
- 3 pieces chili peppers Fresh, use 1-3 or more depends how spicy you want
- 1 stick green onion
- 1/2 cup water
- 1/2 tablespoon sesame oil
- 2 tablespoons oyster sauce
- 2 tablespoons soy sauce
- 1/2 tablespoon sugar
- 2 teaspoons corn starch
- 3 teaspoons water

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 20 milligrams
4. Fat: 8 grams
5. Fiber: 8 grams
6. Protein: 8 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 720 milligrams
9. Sugar: 7 grams

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