

Chinese Eggplants with Garlic Sauce

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-eggplants-recipe>

Ingredients:

- 2 asian eggplants long tender
- 1 pinch salt for salty water
- 3 tablespoons cooking oil + 1/2 tbsp. if needed
- 4 cloves garlic minced
- 1 green pepper cut into small pieces
- 1 tablespoon light soy sauce
- 1/2 teaspoon sugar
- 1 teaspoon salt or to taste
- 2 asian eggplants long tender
- 1 pinch salt for salty water
- 3 tablespoons cooking oil + 1/2 tbsp. if needed
- 4 cloves garlic minced
- 1 green pepper cut into small pieces
- 1 tablespoon light soy sauce
- 1/2 teaspoon sugar
- 1 teaspoon salt or to taste

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 22 grams
3. Fat: 20 grams
4. Fiber: 9 grams
5. Protein: 4 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 1780 milligrams
8. Sugar: 7 grams

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