

# Chinese Eggplant Dip

Yield: 7 min  
Total Time: 55 min

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

## Ingredients:

- 2 Chinese eggplants –3 medium
- 1 red bell pepper large, seeded
- 1 red onion large
- 5 whole garlic cloves
- 1 tablespoon canola oil
- pepper
- salt
- 1 tablespoon sambal oelek
- 1 teaspoon sesame oil
- 1 tablespoon low sodium soy sauce
- 1 tablespoon rice vinegar
- 1 handful fresh cilantro with stems
- vegetables Fresh cut, carrots, radishes, celery, cucumbers, etc.
- 1 slice bread

## Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 17 grams
3. Fat: 3 grams
4. Fiber: 6 grams
5. Protein: 3 grams
6. Sodium: 220 milligrams
7. Sugar: 5 grams

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