

# Low Carb Eggplant Bites

Yield: 10 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/east-eggokabt-recipe>

## Ingredients:

- 1 eggplant medium, cut into 1/4 inch thick slices
- 1/4 cup vegan mayonnaise
- 1/4 cup unsweetened almond milk
- 1/2 cup almond flour
- 1 nutritional yeast flakes tablespoon
- 1 teaspoon granulated onion powder
- 1 teaspoon italian seasoning
- 1/2 teaspoon garlic powder granulated
- 1/2 teaspoon ground paprika
- 1/2 teaspoon salt
- 1/2 cup almond flour
- 1/2 cup water
- 2 tablespoons nutritional yeast flakes
- 1 teaspoon lemon juice
- 1 teaspoon granulated onion powder
- 1/2 teaspoon garlic powder granulated
- 1/2 teaspoon salt
- cherry tomatoes cut in halves
- artichoke hearts chopped
- basil leaves chopped

## Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 8 grams
3. Fat: 6 grams
4. Fiber: 4 grams
5. Protein: 4 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 240 milligrams

8. Sugar: 2 grams

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