

Japanese Eggplant

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/whole30-japanese-eggplant-recipe>

Ingredients:

- 1 pound Japanese eggplant
- 2 tablespoons soy sauce
- 2 tablespoons sake or dry vermouth, used dry vermouth
- 2 tablespoons brown sugar
- 2 teaspoons rice vinegar
- 1 tablespoon ginger minced or grated
- 3 tablespoons vegetable oil
- 1 cup cherry tomatoes quartered

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 14 grams
3. Fat: 10 grams
4. Fiber: 4 grams
5. Protein: 2 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 460 milligrams
8. Sugar: 8 grams

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