

Hot and Sour Chinese Eggplant

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/hot-and-sour-chinese-eggplant-recipe>

Ingredients:

- 2 Chinese eggplants long, cubed
- 1 1/2 tablespoons soy sauce
- 1 tablespoon red wine vinegar
- 1 tablespoon white sugar
- 1 chile pepper green, chopped
- 1 teaspoon cornstarch
- 1/2 teaspoon chili oil or to taste
- 2 teaspoons salt
- 2 tablespoons vegetable oil

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 5 milligrams
4. Fat: 8 grams
5. Fiber: 8 grams
6. Protein: 4 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 1570 milligrams
9. Sugar: 9 grams

Thank you for visiting our website. Hope you enjoy Hot and Sour Chinese Eggplant above. You can see more 17 hot and sour chinese eggplant recipe You must try them! to get more great cooking ideas.