

Sweet and Sour Eggplant

Yield: 2 min
Total Time: 40 min

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

Ingredients:

- 1 pound Japanese eggplants or Chinese, cubed
- 1 red bell pepper
- 3 tablespoons soy sauce
- 2 tablespoons brown sugar
- 2 tablespoons rice vinegar
- 1 clove garlic minced
- 1/4 teaspoon cayenne optional, adds spiciness
- 2 teaspoons cornstarch
- 3 tablespoons peanut oil or another oil with a high smoke point
- 1 tablespoon sesame seeds
- salt
- pepper
- 2 cups long-grain rice cooked, white or brown, optional

Nutrition:

1. Calories: 1030 calories
2. Carbohydrate: 183 grams
3. Fat: 25 grams
4. Fiber: 12 grams
5. Protein: 19 grams
6. SaturatedFat: 4 grams
7. Sodium: 1760 milligrams
8. Sugar: 16 grams

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