

# Simple Italian Fried Eggplant

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-fried-egg-recipe>

## Ingredients:

- 2 eggplant medium or 1 large fresh, skin on
- 1 3/4 cups canola Corn or Olive Oil you may need up to 2 cups
- 4 large eggs beaten in a shallow bowl
- 1 cup flour
- 3/4 teaspoon salt plus more for finishing

## Nutrition:

1. Calories: 1090 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 210 milligrams
4. Fat: 101 grams
5. Fiber: 9 grams
6. Protein: 12 grams
7. SaturatedFat: 8 grams
8. Sodium: 520 milligrams
9. Sugar: 6 grams

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