

# Black Garlic Miso Glazed Eggplant (Nasu Dengaku)

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-black-garlic-oil-recipe>

## Ingredients:

- 6 Chinese eggplant
- oil flavourless - canola, peanut, vegetable
- 5 tablespoons water
- 2 tablespoons black garlic
- 1 tablespoon miso
- 2 tablespoons sake
- 1 tablespoon mirin
- green onions julienne
- toasted sesame seeds

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 53 grams
3. Fat: 7 grams
4. Fiber: 25 grams
5. Protein: 10 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 180 milligrams
8. Sugar: 17 grams

---

Thank you for visiting our website. Hope you enjoy Black Garlic Miso Glazed Eggplant (Nasu Dengaku) above. You can see more 16 japanese black garlic oil recipe Unlock flavor sensations! to get more great cooking ideas.