

# Spicy Air Fryer Japanese Eggplant

Yield: 6 min  
Total Time: 20 min

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

## Ingredients:

- 3 Japanese eggplants washed & unpeeled
- 1 tablespoon rice vinegar
- 1/2 tablespoon chili garlic sauce like Tuong Ot Toi Viet-Nam
- 1/2 tablespoon sesame oil 100% pure
- 2 teaspoons low sodium soy sauce
- 1 teaspoon fish sauce
- 1 teaspoon granulated sugar
- 2 green onions green parts only, finely chopped and divided in half

## Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 15 grams
3. Fat: 1 grams
4. Fiber: 7 grams
5. Protein: 3 grams
6. Sodium: 160 milligrams
7. Sugar: 6 grams

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