

Sauteed Japanese Eggplant

Yield: 2 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/shitake-mushroom-and-japanese-eggplant-recipe>

Ingredients:

- 1 tablespoon vegetable oil or grapeseed oil
- 3 Japanese eggplant stems removed
- 2 scallions finely chopped
- 4 shiitake mushrooms finely chopped
- 1 tablespoon fresh ginger minced
- 2 tablespoons water
- 1 teaspoon white miso paste
- 2 teaspoons sesame oil
- 2 teaspoons soy sauce
- salt
- pepper

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 50 grams
3. Fat: 12 grams
4. Fiber: 24 grams
5. Protein: 9 grams
6. SaturatedFat: 1 grams
7. Sodium: 820 milligrams
8. Sugar: 14 grams

Thank you for visiting our website. Hope you enjoy Sauteed Japanese Eggplant above. You can see more 17 shitake mushroom and japanese eggplant recipe Try these culinary delights! to get more great cooking ideas.