

Japanese Fried Eggplant (Agedashi Nasu)

Yield: 2 min
Total Time: 30 min

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

Ingredients:

- 7 ounces eggplants thin long, or Japanese eggplants, note 1
- oil for deep frying
- 4 tablespoons dashi stock note 2
- 1 tablespoon soy sauce
- 1 tablespoon mirin
- 4 tablespoons shallots finely chopped, scallions
- 1 teaspoon ginger grated

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 11 grams
3. Fat: 10 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. SaturatedFat: 1 grams
7. Sodium: 500 milligrams
8. Sugar: 2 grams

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