

Soba Noodles with Miso-Glazed Eggplant

Yield: 4 min
Total Time: 60 min

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

Ingredients:

- 1 eggplant large
- 8 ounces green beans
- 3 tablespoons toasted sesame oil
- 8 ounces soba noodles
- 3 tablespoons miso paste
- 2 tablespoons brown sugar
- 2 tablespoons red wine vinegar
- 1 tablespoon soy sauce
- 2 cloves garlic
- 2 teaspoons ginger grated
- 6 ounces baby spinach
- 2 tablespoons green onions
- 1 tablespoon sesame seeds

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 66 grams
3. Fat: 13 grams
4. Fiber: 8 grams
5. Protein: 14 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 1200 milligrams
8. Sugar: 10 grams

Thank you for visiting our website. Hope you enjoy Soba Noodles with Miso-Glazed Eggplant above. You can see more 17 japanese eggplant green bean recipe Taste the magic today! to get more great

cooking ideas.