

Japanese Eggplant Nasu Dengaku (Miso glaze)

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-nasu-dengaku-recipe>

Ingredients:

- 4 Japanese eggplants sliced can substitute with italian eggplant also
- 2 tablespoons miso paste without dashi, fish stock
- 2 tablespoons mirin
- 1/2 teaspoon soy sauce shoyu
- 1/2 teaspoon white sugar
- sesame oil for brushing
- sesame seeds as a garnish, optional

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 31 grams
3. Fat: 7 grams
4. Fiber: 14 grams
5. Protein: 6 grams
6. SaturatedFat: 1 grams
7. Sodium: 370 milligrams
8. Sugar: 10 grams

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