

Nasu Dengaku (Japanese Eggplants Broiled with Miso)

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-with-japanese-eggplants>

Ingredients:

- 2 tablespoons mirin
- 2 tablespoons sake may substitute dry vermouth or white wine
- 4 tablespoons mellow white miso reduced sodium, if available
- 3 tablespoons agave nectar
- 4 Japanese eggplants stem end trimmed and cut in half lengthwise
- 1/2 teaspoon sesame oil optional
- toasted sesame seeds for garnish, optional
- sliced green onions for garnish, optional

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 36 grams
3. Fat: 3 grams
4. Fiber: 16 grams
5. Protein: 7 grams
6. Sodium: 650 milligrams
7. Sugar: 11 grams

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