

Japanese Miso Eggplant

Yield: 4 min
Total Time: 15 min

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

Ingredients:

- 1/4 cup white miso paste mellow, I used this brand
- 1 tablespoon rice wine vinegar
- 2 tablespoons water
- 1/2 inch fresh ginger root peeled
- 1 clove garlic
- 1 tablespoon raw honey
- 2 tablespoons vegetable oil
- 6 Japanese eggplant the smallest you can find, halved lengthwise
- 1 scallion thinly sliced, for garnish, optional

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 51 grams
3. Fat: 8 grams
4. Fiber: 22 grams
5. Protein: 9 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 660 milligrams
8. Sugar: 19 grams

Thank you for visiting our website. Hope you enjoy Japanese Miso Eggplant above. You can see more 19 recipe for japanese miso eggplant Savor the mouthwatering goodness! to get more great cooking ideas.