

# Stir Fried Japanese Eggplant with Ginger and Miso

Yield: 5 min  
Total Time: 25 min

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

## Ingredients:

- 2 tablespoons miso good quality, we used white miso
- 1 1/2 teaspoons sake
- 1 pound Japanese eggplants 4 to 5 long, skinny eggplants
- 6 tablespoons canola oil cold-pressed sesame oil, grape seed oil, rice bran oil, or other high smoke-point oil
- 2 whole dried red chili peppers torn in half
- 1 tablespoon fresh ginger peeled, slivered
- 1 tablespoon shiso leaves finely sliced, Thai basil leaves, or fresh mint leaves

## Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 8 grams
3. Fat: 17 grams
4. Fiber: 3 grams
5. Protein: 2 grams
6. SaturatedFat: 1 grams
7. Sodium: 260 milligrams
8. Sugar: 2 grams

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