

# Easy Fried Eggplant

Yield: 4 min  
Total Time: 35 min

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

## Ingredients:

- 2 tablespoons canola oil
- 1 eggplant large, peeled and sliced
- 3 eggs beaten
- 2 cups dry bread crumbs

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 160 milligrams
4. Fat: 12 grams
5. Fiber: 5 grams
6. Protein: 11 grams
7. SaturatedFat: 2 grams
8. Sodium: 420 milligrams
9. Sugar: 5 grams

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