

Steamed Chinese Eggplant with Spicy Lao Gan Ma

Yield: 6 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/steamed-chinese-eggplant-and-egg-recipe-hakka>

Ingredients:

- 1 pound Chinese eggplant or Japanese, 450g, about 3 eggplants
- 1/4 cup white vinegar
- 1 teaspoon chinese black vinegar
- 2 tablespoons light soy sauce
- 2 teaspoons oyster sauce
- 1/2 teaspoon sugar
- 1 teaspoon sesame oil
- 1 1/2 tablespoons chili sauce Lao Gan Ma, or any chili sauce or chili oil of your choice
- 4 cloves garlic minced
- 1 scallion minced
- 3 tablespoons vegetable oil

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 7 grams
3. Fat: 8 grams
4. Fiber: 3 grams
5. Protein: 1 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 410 milligrams
8. Sugar: 3 grams

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