

Vegetable Stuffed Eggplant

Yield: 8 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/stuffed-turkish-eggplant-recipe-vegan>

Ingredients:

- 8 eggplants small
- fresh mint chopped
- 2 tomatoes ripe, diced
- 4 garlic cloves minced
- 1 onion small, finely chopped
- 1 teaspoon dried oregano leaves
- 1 1/2 tablespoons canola oil
- olive oil
- salt
- pepper

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 37 grams
3. Fat: 5 grams
4. Fiber: 18 grams
5. Protein: 6 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 110 milligrams
8. Sugar: 12 grams

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