

Chinese Eggplant in Garlic Sauce

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/sweet-spicy-chinese-eggplant-recipe>

Ingredients:

- 2 Chinese eggplants cut in to 2 inch length
- 1 tablespoon soy sauce
- 1 tablespoon chili bean sauce / Doubanjiang
- cooking oil /fat of choice
- 1/2 tablespoon minced fresh ginger
- 2 cloves garlic minced
- 2 scallions finely chopped
- 1 tablespoon vinegar or lemon juice, optional
- 1 teaspoon sugar optional

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 20 grams
3. Fat: 5 grams
4. Fiber: 9 grams
5. Protein: 3 grams
6. Sodium: 260 milligrams
7. Sugar: 7 grams

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