

# Eggplant Teriyaki Stir Fry With Tofu

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-eggplant-tofu-recipe>

## Ingredients:

- teriyaki sauce
- 1/3 cup balsamic vinegar
- 1/4 cup maple syrup
- 1 tablespoon soy sauce
- 2 teaspoons fresh ginger grated
- 1 garlic cloves grated
- 1 teaspoon miso paste
- 1 teaspoon rice vinegar
- 1/3 cup water
- 2 teaspoons oil choice, divided
- 16 ounces tofu drained and pressed, sliced into 1" cubes
- 1 pound Japanese eggplants sliced into 1" slices or cubes
- 1/4 cup scallions chopped
- 1 garlic cloves finely chopped
- cooked rice for serving

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 29 grams
3. Fat: 8 grams
4. Fiber: 4 grams
5. Protein: 11 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 490 milligrams
8. Sugar: 19 grams

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