

Chinese Eggplant with Spicy Garlic Sauce

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 2 tablespoons cooking oil divided
- 3 eggplant small, cut into long strips
- 2 cloves garlic finely minced
- 1 red chile pepper finely minced
- 1/2 inch fresh ginger peeled and finely minced
- 1 green onion chopped
- 1 tablespoon soy sauce
- 1 tablespoon chinese black vinegar black vinegar
- 1/2 teaspoon sugar

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 26 grams
3. Fat: 7 grams
4. Fiber: 13 grams
5. Protein: 5 grams
6. Sodium: 230 milligrams
7. Sugar: 9 grams

Thank you for visiting our website. Hope you enjoy Chinese Eggplant with Spicy Garlic Sauce above. You can see more 15 chinese eggplant indian recipe They're simply irresistible! to get more great cooking ideas.