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Chinese Eggplants with Garlic Sauce

Chinese Eggplants with Garlic Sauce is a popular vegan dish in Chinese cuisine. It features tender eggplant slices stir-fried with a savory garlic sauce. This dish is often enjoyed as a main course and pairs well with steamed rice. The garlic sauce adds a rich and flavorful element to the dish, making it a favorite among vegans and non-vegans alike.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

600 g	chinese eggplants
4 cloves	garlic cloves
3 tbsp	soy sauce

2 tbsp	rice vinegar
2 tbsp	sesame oil
1 tbsp	cornstarch
2 tbsp	Water
2 tbsp	vegetable oil
2 stalks	Green Onions
1 tsp	red pepper flakes
1 tsp	salt
1 tsp	sugar

Directions

Step 1

Cut

Slice the Chinese eggplants into thin strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Mince the garlic cloves and chop the green onions.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a small bowl, mix together soy sauce, rice vinegar, sesame oil, cornstarch, water, red pepper flakes, salt, and sugar to make the garlic sauce.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Stir-frying

Heat vegetable oil in a large skillet or wok over medium heat. Add the minced garlic and chopped green onions. Stir-fry for 1 minute until fragrant.

Prep Time: 0 mins

Cook Time: 1 mins

Step 5

Stir-frying

Add the sliced eggplants to the skillet and stir-fry for 5-7 minutes until they become tender.

Prep Time: 0 mins

Cook Time: 7 mins

Step 6

Stir-frying

Pour the garlic sauce over the eggplants and stir-fry for an additional 2 minutes until the sauce thickens and coats the eggplants.

Prep Time: 0 mins

Cook Time: 2 mins

Step 7

Serving

Serve the Chinese Eggplants with Garlic Sauce hot with steamed rice.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 4 g

Protein: 4 g

Carbohydrates: 26 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	26 g	47.27%	52%
Fibers	7 g	18.42%	28%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	450 mg	13.24%	17.31%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Cuisines

Chinese

Italian

Cultural

Chinese New Year

Diet

Ovo-Vegetarian Diet

The 3-Day Diet

Nutritional Content

Low Calorie

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Oven

Course

Appetizers

Main Dishes

Salads

Sauces & Dressings

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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