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Fried Eggplant

Fried eggplant is a delicious and versatile dish that can be enjoyed as an appetizer, side dish, or main course. It is made by coating slices of eggplant in a seasoned batter and frying them until crispy and golden brown. The result is a flavorful and satisfying dish that pairs well with a variety of sauces and accompaniments.

Recipe Type: Standard

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

500 g	eggplant
100 g	all-purpose flour
2 pieces	Eggs
100 g	breadcrumbs

1 tsp salt

0.5 tsp pepper

250 ml vegetable oil

Directions

Step 1

Cut

Slice the eggplant into rounds, about 1/4 inch thick.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a shallow dish, whisk together the flour, salt, and pepper.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Mixing

In another shallow dish, beat the eggs.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Coating

Dip each slice of eggplant into the flour mixture, then into the beaten eggs, and finally into the breadcrumbs, pressing gently to adhere.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Heating

Heat the vegetable oil in a large skillet over medium heat.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Frying

Working in batches, add the breaded eggplant slices to the skillet and fry until golden brown and crispy, about 2-3 minutes per side.

Prep Time: 0 mins

Cook Time: 10 mins

Step 7

Draining

Transfer the fried eggplant slices to a paper towel-lined plate to drain excess oil.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 12 g

Protein: 10 g

Carbohydrates: 50 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Fibers	8 g	21.05%	32%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	12 g	42.86%	48%
Cholesterol	70 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	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	8 mg	0.8%	0.8%
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Events

Picnic

Course

Salads

Snacks

Appetizers

Cultural

Chinese New Year

Cuisines

Italian

Vietnamese

American

Middle Eastern

Nutritional Content

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Mixer

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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