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# Low Carb Sesame Garlic Eggplant

A delicious vegetarian recipe that features eggplant cooked in a sesame garlic sauce. This dish is low in carbs and packed with flavor.

Recipe Type: Vegetarian 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
2 tsp	sesame oil
3 cloves	garlic
2 tbsp	soy sauce
1 tbsp	rice vinegar
1 tbsp	Sesame Seeds

2 stalks Green Onions

## **Directions**

#### Step 1



Slice the eggplant into thin rounds.

Prep Time: 5 mins

Cook Time: 0 mins

#### Step 2



Heat sesame oil in a pan over medium heat. Add minced garlic and cook until fragrant.

Prep Time: 3 mins

Cook Time: 2 mins

#### Step 3



Add the sliced eggplant to the pan and cook until tender.

Prep Time: 0 mins

Cook Time: 10 mins

#### Step 4

#### Mixing

In a small bowl, mix soy sauce and rice vinegar. Pour the mixture over the cooked eggplant and stir well.

Prep Time: 1 mins

Cook Time: 1 mins

#### Step 5

#### Sprinkling

Sprinkle sesame seeds and chopped green onions on top of the dish.

Prep Time: 0 mins

Cook Time: 0 mins

## **Nutrition Facts**

Calories: 150 kcal

**Fat**: 6 g

Protein: 4g

Carbohydrates: 20 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	20 g	36.36%	40%
Fibers	8 g	21.05%	32%
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	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	0 mg	N/A	N/A

## **Vitamins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	5 iu	0.56%	0.71%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

#### Minerals

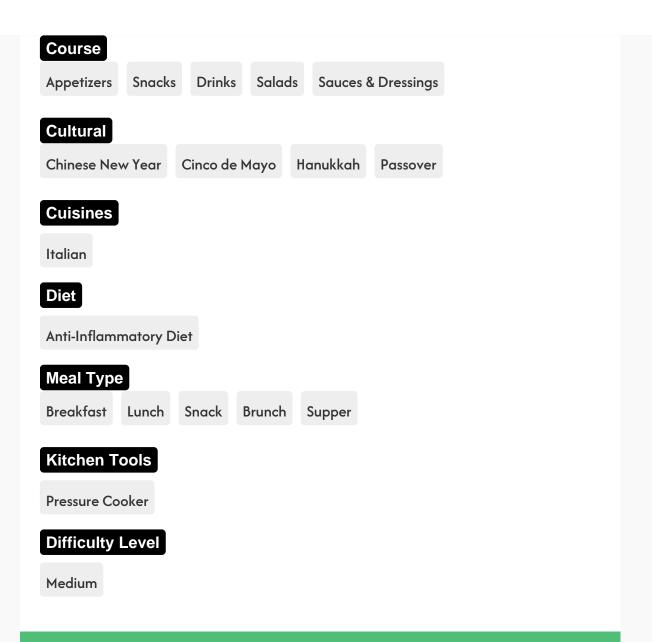
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%
Iron	8 mg	100%	44.44%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	2 mcg	3.64%	3.64%

# **Recipe Attributes**

# **Nutritional Content**

Low Carb

High Fiber



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