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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

Cut

Slice the eggplant into thin rounds.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

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

Stove

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: 4 g

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

Course

Appetizers

Snacks

Drinks

Salads

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Hanukkah

Passover

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Lunch

Snack

Brunch

Supper

Kitchen Tools

Pressure Cooker

Difficulty Level

Medium

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