



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Stir-Fried Eggplant

Stir-Fried Eggplant is a delicious vegetarian dish that is commonly eaten in various cuisines. It is made by stir-frying eggplant with a combination of flavorful ingredients and spices. The dish can be enjoyed as a main course or as a side dish. It is known for its unique texture and rich 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
4 cloves	garlic
2 tsp	Ginger
3 tbsp	soy sauce

2 tbsp	sesame oil
2 tbsp	vegetable oil
4 stalks	Green Onions
1 tsp	red chili flakes
1 tsp	Salt

Directions

Step 1

Cut

Cut the eggplant into thin slices or cubes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Mince the garlic and ginger.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stove

Heat vegetable oil in a pan or wok over medium heat.

Prep Time: 0 mins

Cook Time: 2 mins

Step 4

Stir-frying

Add the minced garlic, ginger, and red chili flakes to the pan. Stir-fry for 1 minute.

Prep Time: 0 mins

Cook Time: 1 mins

Step 5

Stir-frying

Add the sliced or cubed eggplant to the pan. Stir-fry for 8-10 minutes, or until the eggplant is tender.

Prep Time: 0 mins

Cook Time: 10 mins

Step 6

Stir-frying

Add soy sauce, sesame oil, and salt to the pan. Stir-fry for another 2 minutes.

Prep Time: 0 mins

Cook Time: 2 mins

Step 7

Garnish with chopped green onions and serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 6 g

Protein: 5 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

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	4 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	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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	400 mg	11.76%	15.38%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Barbecue

Cuisines

Italian Chinese French Japanese Mediterranean American

Nutritional Content

Low Calorie

Low Fat

Low Carb

Low Sodium

High Vitamin C

High Iron

Kitchen Tools

Blender

Course

Sauces & Dressings

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

Visit our website: healthdor.com