

# Fried Eggplant

*Gourmet Eating in South Carolina - (1985)*

1 eggplant  
1 egg  
flour  
bread crumbs

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Peel and cut the eggplant crosswise into 1/4-inch  
slices.

Soak the slices in salty water. Drain and pat dry.

Beat one egg. Place in a pie plate.

Place flour in a pie plate.

Place the bread crumbs in a pie plate.

Roll the egg plant slices in flour. Then dip each  
slice in the beaten egg. Finally, dredge in bread  
crumbs.

In a skillet, fry in deep oil until brown on both  
sides. Drain on paper towels.

Serve hot.

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Per Serving (excluding unknown  
items): 193 Calories; 6g Fat (25.0%  
calories from fat); 11g Protein; 28g  
Carbohydrate; 11g Dietary Fiber;  
212mg Cholesterol; 84mg Sodium.  
Exchanges: 1 Lean Meat; 5 1/2  
Vegetable; 1/2 Fat.

Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	193	Vitamin B6 (mg):	.4mg
% Calories from Fat:	25.0%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	54.0%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	21.0%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	6g	Folacin (mcg):	111mcg
Saturated Fat (g):	2g	Niacin (mg):	3mg

**Monounsaturated Fat (g):** 2g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 212mg  
**Carbohydrate (g):** 28g  
**Dietary Fiber (g):** 11g  
**Protein (g):** 11g  
**Sodium (mg):** 84mg  
**Potassium (mg):** 1061mg  
**Calcium (mg):** 58mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 8mg  
**Vitamin A (i.u.):** 629IU  
**Vitamin A (r.e.):** 106 1/2RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** 00%

## Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 1  
**Vegetable:** 5 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 193                      **Calories from Fat:** 48

### % Daily Values\*

<b>Total Fat</b>	6g	9%
Saturated Fat	2g	9%
<b>Cholesterol</b>	212mg	71%
<b>Sodium</b>	84mg	3%
<b>Total Carbohydrates</b>	28g	9%
Dietary Fiber	11g	46%
<b>Protein</b>	11g	
<b>Vitamin A</b>		13%
<b>Vitamin C</b>		13%
<b>Calcium</b>		6%
<b>Iron</b>		12%

\* Percent Daily Values are based on a 2000 calorie diet.