Nutrition Facts

<table>
<thead>
<tr>
<th>Servings per container</th>
<th>(55g)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount per serving</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Calories</strong></td>
<td>420</td>
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</tbody>
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*% Daily Value*

- Total Fat 8g 8%
- Saturated Fat 1g 8%
- Trans Fat 0g
- Cholesterol 80mg 28%
- Sodium 300mg 13%
- Total Carbohydrate 57g 21%
- Dietary Fiber 7g 28%
- Total Sugars 5g
- Includes 0g Added Sugars
- Protein 3g

Vitamin D 0mcg 0%
Calcium 36mg 2%
Iron 2mg 10%
Potassium 564mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Check serving size first - how many servings are in one container? The nutrients listed on the label are only for one serving.

Limit saturated fats and trans fats.

Opt for whole grain carbohydrates and reduce added sugars.

Choose higher protein products.

Developed in collaboration with CTAHR’s Department of Human Nutrition, Food and Animal Sciences, its Dietetics Program and nutrition students.

College of Tropical Agriculture and Human Resources
University of Hawaii at Manoa
Oyster Chicken with Eggplant

Ingredients:
- 1 pound Chinese long eggplant, sliced diagonally into 1” thick pieces
- 1 small round onion, diced
- 1/8 tsp garlic powder or 1 clove of garlic, minced
- Optional: 1 thumb-size slice of ginger, minced
- 1 pound chicken breast, boneless and skinless (if chicken breast is unavailable, chicken thigh may be used), cut into 1” cubes
- 1 tbsp oil
- 2 tablespoons oyster sauce
- Black pepper to taste

Ingredients for chicken marinade:
- 2 tsp baking soda
- 1 cup water, room temperature

Ingredients for thickening:
- 1 tbsp cornstarch
- 3/4 cup water

Serve on the side to compliment meal:
- 4 cups of cooked rice (brown or hapa)

Method:
1. Prepare first four ingredients and set aside.
2. Chop chicken into bite-sized pieces (similar in size to the eggplant). And marinate with baking soda and water mixture for 20 minutes.
3. After chicken is marinated, rinse very well to remove baking soda. Pat dry with a paper towel.
4. In a large pan or pot, add oil and cook chicken for 2-3 minutes. Stir.
5. Add onion, garlic, ginger (if using). Stir.
6. Add eggplant, oyster sauce, and shoyu. Mix well and simmer for about 5 minutes.
7. Sprinkle some black pepper. Mix
8. Cook until eggplant begins to soften.
9. In a small bowl, mix thickening ingredients and add to pan, stirring.
10. Cook until eggplant is soft and gravy is thickened.
11. Serve with a side of rice.

Serving size: 4