



WHATSheATE



HEALTH SCORE

87%

Aubergine pickle



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



70 min.

SERVINGS



1

CALORIES



2148 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



3 onions chopped



100 g ginger chunk peeled finely chopped



2 tbsp vegetable oil



1 tbsp mustard seed yellow



1 tbsp ground cumin



10 curry leaves



3 tbsp tomato purée



3 tbsp tamarind paste from a jar

- ☐ 1 kg aubergine diced
- ☐ 150 g raisin
- ☐ 200 g brown sugar light soft
- ☐ 250 ml malt vinegar

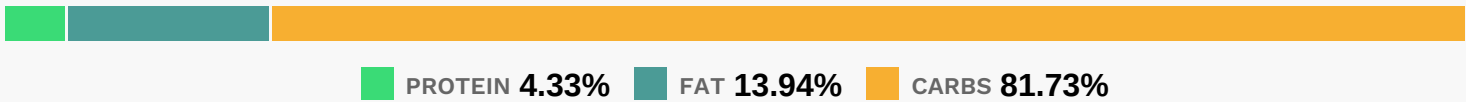
Equipment

- ☐ sauce pan

Directions

- ☐ Put the onions, ginger and oil in a large saucepan and gently cook for 15 mins until soft. Stir in the spices and curry leaves and fry for a few mins, then add the tomato pure and tamarind and fry for a few mins more.
- ☐ Stir in the aubergines, raisins, sugar and vinegar.
- ☐ Heat gently until the sugar has dissolved, then simmer for 20 mins until the chutney has thickened. Leave for 10 mins, then spoon into sterilised jars and seal. The pickle can be eaten straight away and keeps for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:250.8, Glycemic Load:99.09, Inflammation Score:-10, Nutrition Score:64.259565602178%

Flavonoids

Delphinidin: 856.9mg, Delphinidin: 856.9mg, Delphinidin: 856.9mg, Delphinidin: 856.9mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 16.53mg, Isorhamnetin: 16.53mg, Isorhamnetin: 16.53mg, Isorhamnetin: 16.53mg Kaempferol: 2.18mg, Kaempferol: 2.18mg, Kaempferol: 2.18mg, Kaempferol: 2.18mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 69.37mg, Quercetin: 69.37mg, Quercetin: 69.37mg, Quercetin: 69.37mg

Nutrients (% of daily need)

Calories: 2147.81kcal (107.39%), Fat: 34.95g (53.77%), Saturated Fat: 5.46g (34.12%), Carbohydrates: 461.07g (153.69%), Net Carbohydrates: 408.19g (148.43%), Sugar: 266.6g (296.23%), Cholesterol: 0mg (0%), Sodium:

187.37mg (8.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.42g (48.85%), Vitamin B3: 126.72mg (633.61%), Folate: 1498.01µg (374.5%), Vitamin C: 267.2mg (323.88%), Fiber: 52.89g (211.55%), Manganese: 4.09mg (204.71%), Potassium: 5361.62mg (153.19%), Copper: 2mg (100.23%), Magnesium: 384.36mg (96.09%), Vitamin B6: 1.9mg (95.16%), Iron: 15.79mg (87.73%), Vitamin K: 90.08µg (85.79%), Vitamin B1: 1.04mg (69.64%), Phosphorus: 659.37mg (65.94%), Calcium: 564.35mg (56.43%), Vitamin B2: 0.92mg (54.35%), Vitamin E: 7.06mg (47.09%), Vitamin B5: 4.08mg (40.81%), Selenium: 24.38µg (34.83%), Zinc: 3.76mg (25.07%), Vitamin A: 951.95IU (19.04%)