



Bangan ka Bhurta (Indian Eggplant)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



56 kcal

SIDE DISH

Ingredients

- 1 eggplant
- 4 sprigs cilantro leaves fresh chopped
- 0.3 teaspoon ground pepper
- 1 medium onion chopped
- 0.3 teaspoon pepper
- 2 roma tomatoes chopped (plum)
- 0.3 teaspoon salt
- 1 teaspoon vegetable oil

Equipment

- frying pan
- oven
- roasting pan
- broiler
- microwave

Directions

- Preheat the oven broiler.
- Place eggplant in a roasting pan, and broil 5 minutes, turning occasionally, until about 1/2 the skin is scorched.
- Place eggplant in microwave safe dish. Cook 5 minutes on High in the microwave, or until tender. Cool enough to handle, and remove skin, leaving some scorched bits.
- Cut into thick slices.
- Heat oil in a skillet over medium heat, stir in the onion, and cook until tender.
- Mix in eggplant, and tomatoes. Season with cayenne pepper, salt, and black pepper. Continue to cook and stir until soft.
- Garnish with cilantro to serve.

Nutrition Facts



PROTEIN 11.23% **FAT 20.77%** **CARBS 68%**

Properties

Glycemic Index:47.75, Glycemic Load:1.91, Inflammation Score:-6, Nutrition Score:6.3795651767565%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.98mg, Quercetin: 6.98mg, Quercetin: 6.98mg,

Quercetin: 6.98mg

Nutrients (% of daily need)

Calories: 56.37kcal (2.82%), Fat: 1.46g (2.24%), Saturated Fat: 0.24g (1.48%), Carbohydrates: 10.74g (3.58%), Net Carbohydrates: 6.34g (2.3%), Sugar: 6.06g (6.73%), Cholesterol: 0mg (0%), Sodium: 151.37mg (6.58%), Alcohol: 0g (100%), Protein: 1.77g (3.55%), Manganese: 0.36mg (18.24%), Fiber: 4.4g (17.61%), Vitamin K: 15.83µg (15.08%), Vitamin C: 9.5mg (11.51%), Potassium: 391.61mg (11.19%), Vitamin A: 487.77IU (9.76%), Folate: 36.6µg (9.15%), Vitamin B6: 0.16mg (8.04%), Copper: 0.13mg (6.45%), Magnesium: 23.18mg (5.79%), Vitamin B3: 1mg (4.98%), Vitamin B1: 0.07mg (4.72%), Vitamin E: 0.7mg (4.68%), Phosphorus: 44.53mg (4.45%), Vitamin B5: 0.4mg (3.98%), Vitamin B2: 0.06mg (3.57%), Iron: 0.47mg (2.6%), Calcium: 22.05mg (2.2%), Zinc: 0.3mg (1.99%)