



Curried Eggplant



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



277 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon brown mustard seeds yellow
- ☐ 1 tablespoon brown sugar packed
- ☐ 1 stick cinnamon (3-inch)
- ☐ 6 servings jasmine rice steamed
- ☐ 1 teaspoon cumin seeds
- ☐ 3 lb eggplant (6)
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh peeled finely chopped

- ☐ 1 large garlic clove chopped
- ☐ 2 teaspoons jalapeno fresh chopped
- ☐ 1 large onion halved lengthwise thinly sliced lengthwise
- ☐ 1.3 oz roasted cashews chopped
- ☐ 1.8 teaspoons salt
- ☐ 0.5 teaspoon turmeric
- ☐ 3 tablespoons vegetable oil
- ☐ 0.8 cup water

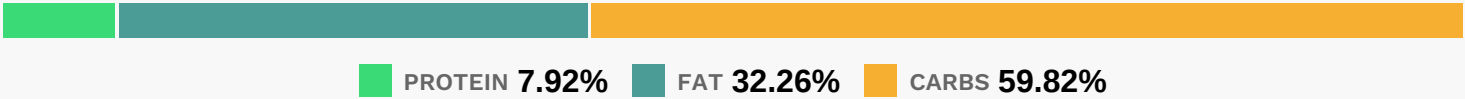
Equipment

- ☐ bowl
- ☐ knife
- ☐ pot
- ☐ mortar and pestle
- ☐ colander

Directions

- ☐ Toss eggplant with 1 teaspoon salt in a colander set over a bowl, then let drain 30 minutes. Rinse eggplant, then drain, pressing gently on eggplant to extract any excess liquid.
- ☐ While eggplant drains, mash garlic, ginger, and jalapeño to a paste with 1/2 teaspoon salt using a mortar and pestle (or mince and mash with a large heavy knife and transfer to a cup), then stir in mustard and cumin seeds and turmeric.
- ☐ Heat oil in a 5-quart heavy pot over moderately high heat until hot but not smoking, then sauté onion, stirring occasionally, until softened and golden, 8 to 10 minutes.
- ☐ Add spice paste and cinnamon stick, then reduce heat to moderate and cook, stirring, 1 minute.
- ☐ Add eggplant and cook, stirring, until it begins to soften, about 3 minutes. Stir in water, brown sugar, and remaining 1/4 teaspoon salt and simmer, covered, stirring occasionally, until eggplant is tender but not falling apart, 20 to 25 minutes. Season eggplant with additional salt.
- ☐ Discard cinnamon stick and serve eggplant sprinkled with cilantro and cashews.

Nutrition Facts



Properties

Glycemic Index:48.33, Glycemic Load:26.5, Inflammation Score:-9, Nutrition Score:13.081739166509%

Flavonoids

Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.36mg, Quercetin: 5.36mg, Quercetin: 5.36mg, Quercetin: 5.36mg

Nutrients (% of daily need)

Calories: 276.59kcal (13.83%), Fat: 10.32g (15.87%), Saturated Fat: 1.74g (10.9%), Carbohydrates: 43.04g (14.35%), Net Carbohydrates: 34.85g (12.67%), Sugar: 11.46g (12.74%), Cholesterol: 0mg (0%), Sodium: 688.64mg (29.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.7g (11.4%), Manganese: 1.12mg (56.15%), Fiber: 8.19g (32.76%), Vitamin K: 23.75µg (22.62%), Copper: 0.4mg (19.83%), Potassium: 644.51mg (18.41%), Vitamin B6: 0.33mg (16.54%), Magnesium: 62.46mg (15.62%), Folate: 61.99µg (15.5%), Phosphorus: 128.98mg (12.9%), Vitamin C: 9.18mg (11.12%), Selenium: 7.61µg (10.87%), Vitamin B5: 1.06mg (10.65%), Vitamin B3: 1.97mg (9.85%), Vitamin E: 1.43mg (9.51%), Vitamin B1: 0.13mg (8.82%), Iron: 1.47mg (8.17%), Zinc: 1.18mg (7.84%), Vitamin B2: 0.12mg (6.88%), Calcium: 50.41mg (5.04%), Vitamin A: 90.13IU (1.8%)