



 5%
HEALTH SCORE

Easy Eggplant Curry

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



139 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 medium eggplant (800 g 1lb 12 oz) (aubergine)
- 3 tablespoons vegetable oil
- 1 medium onion diced finely
- 2 ginger fresh grated (1 inch)
- 6 cloves garlic crushed
- 1 teaspoon fennel seeds
- 1 teaspoon cumin seeds
- 1 tablespoon ground coriander

- 0.5 teaspoon turmeric
- 0.5 teaspoon chili powder
- 1 teaspoon sea salt
- 14 oz canned tomatoes chopped canned tinned

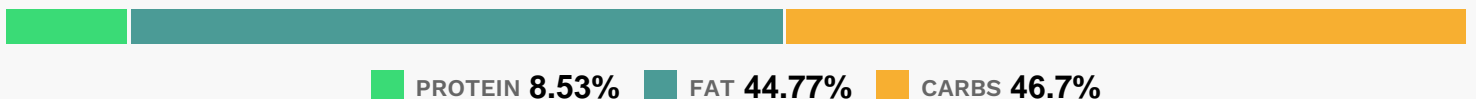
Equipment

- frying pan

Directions

- Wash eggplants and dice into 2 cm cubes.
- Heat ghee/oil in a large frying pan over medium heat.
- Add the onion and cook, stirring occasionally for about 10 minutes until a deep golden brown colour. (Be patient and don't be tempted to rush this stage).
- Add the grated ginger, crushed garlic, fennel and cumin seeds (if using, if you are using cumin powder however, add in the next stage with the other ground spices). Cook for about 2 minutes until garlic and ginger are fragrant.
- Add ground coriander, turmeric, cayenne/chilli powder and salt. Cook for 30 seconds.
- Add the diced eggplant and stir well to coat evenly with spices.
- Pour in the tin of chopped tomatoes, give it a big stir, then place the lid on and continue to cook over low-medium heat for about 10-15 minutes. Check and stir a few times to ensure it's not catching on the bottom. Turn temperature down a little if need be.
- When the sauce has thicken and the eggplant is meltingly soft, check the seasoning once more.
- Serve sprinkled with coriander/cilantro leaves and steamed rice. Enjoy!

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:3.4, Inflammation Score:-9, Nutrition Score:10.532173913043%

Flavonoids

Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 139.06kcal (6.95%), Fat: 7.62g (11.73%), Saturated Fat: 1.15g (7.22%), Carbohydrates: 17.89g (5.96%), Net Carbohydrates: 11.02g (4.01%), Sugar: 9.17g (10.19%), Cholesterol: 0mg (0%), Sodium: 483.44mg (21.02%), Protein: 3.27g (6.53%), Manganese: 0.62mg (31%), Fiber: 6.87g (27.47%), Vitamin K: 21.7µg (20.66%), Potassium: 621.61mg (17.76%), Vitamin B6: 0.3mg (15%), Vitamin C: 12.17mg (14.75%), Copper: 0.28mg (14.18%), Vitamin E: 1.93mg (12.89%), Folate: 46.16µg (11.54%), Magnesium: 44.02mg (11.01%), Iron: 1.84mg (10.2%), Vitamin B3: 1.94mg (9.7%), Vitamin B1: 0.13mg (8.69%), Phosphorus: 76.15mg (7.61%), Vitamin B5: 0.66mg (6.6%), Vitamin B2: 0.11mg (6.27%), Calcium: 60.34mg (6.03%), Vitamin A: 232.07IU (4.64%), Zinc: 0.58mg (3.86%), Selenium: 1.67µg (2.38%)