



 **99%**
HEALTH SCORE

Eggplant and Chickpea Curry

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



75 min.

SERVINGS



4

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon asafetida pressed (or 1 clove garlic,)
- 14 ounce canned tomatoes diced canned (fire-roasted preferred)
- 0.5 teaspoon bell pepper red hot to taste (less ,)
- 15 ounce chickpeas rinsed cooked drained canned (or)
- 1.3 teaspoon cumin seeds
- 1 large eggplant
- 0.3 teaspoon garam masala with less and add more to taste)
- 2 teaspoons ginger paste minced

- 1.3 teaspoon ground coriander
- 1 medium onion chopped
- 0.3 cup cilantro leaves minced
- 0.5 bell pepper diced red seeded
- 0.5 teaspoon turmeric
- 0.5 cup water

Equipment

- frying pan
- oven

Directions

- Bake for 40–45 minutes, until eggplant is sunken and soft all the way through.
- Remove from oven and set aside until cool enough to handle. Peel and chop the eggplant flesh.
- Heat a non-stick skillet and then spray it lightly with vegetable oil (the oil helps toast the seasonings, but you can omit it if you have to).
- Add the onion and cook until it begins to turn golden.
- Add the bell pepper and cook for a few more minutes. Clear a spot in the center of the skillet and sprinkle the cumin seeds directly on the hot surface. Stir and toast them for about a minute, until they become fragrant. Stir them into the onions and peppers and add the coriander, turmeric, asafetida (or garlic), tomatoes, ginger paste, and red pepper.
- Add the eggplant and cook over medium heat, pressing eggplant with the back of a spoon to break up large pieces, for about 10 minutes.
- Add the chickpeas and enough water or chickpea cooking liquid to keep the mixture moist, cover tightly, and turn heat to low. Cook for at least 15 minutes, stirring periodically, until sauce has thickened and flavors have blended. (You can hold this dish on low for up to 45 minutes while you prepare the rest of your meal, but add additional liquid as needed and don't forget to stir, scraping the bottom.) Just before serving, add parsley (or cilantro), garam masala, and salt to taste.
- Serve with rice or Indian bread.

Nutrition Facts

PROTEIN 18.79% FAT 11.87% CARBS 69.34%

Properties

Glycemic Index:56.69, Glycemic Load:9.23, Inflammation Score:-10, Nutrition Score:23.648695531099%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg

Nutrients (% of daily need)

Calories: 257.46kcal (12.87%), Fat: 3.62g (5.56%), Saturated Fat: 0.41g (2.58%), Carbohydrates: 47.54g (15.85%), Net Carbohydrates: 32.9g (11.96%), Sugar: 15.36g (17.07%), Cholesterol: 0mg (0%), Sodium: 146.68mg (6.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.88g (25.76%), Manganese: 1.66mg (83.07%), Fiber: 14.63g (58.53%), Folate: 234.09µg (58.52%), Vitamin C: 35.42mg (42.94%), Copper: 0.68mg (34.11%), Iron: 5.4mg (30%), Potassium: 966.16mg (27.6%), Phosphorus: 256.73mg (25.67%), Magnesium: 96.99mg (24.25%), Vitamin B6: 0.48mg (23.99%), Vitamin B1: 0.27mg (18%), Vitamin K: 17.57µg (16.74%), Vitamin A: 829.53IU (16.59%), Vitamin E: 2.26mg (15.07%), Zinc: 2.24mg (14.95%), Vitamin B3: 2.77mg (13.83%), Calcium: 116.23mg (11.62%), Vitamin B2: 0.19mg (11.04%), Vitamin B5: 0.99mg (9.9%), Selenium: 5.25µg (7.5%)