



Eggplant and Potato Curry



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



321 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound baking potatoes peeled cut into 1/2-inch cubes 2
- ☐ 0.5 cup cilantro leaves chopped
- ☐ 3 tablespoons cooking oil
- ☐ 3 pounds eggplants with a fork
- ☐ 1 teaspoon fennel seeds
- ☐ 2 tablespoons ginger fresh grated
- ☐ 2 cloves garlic minced
- ☐ 0.5 teaspoon ground coriander

- ☐ 0.5 teaspoon ground cumin
- ☐ 1 jalapeno minced
- ☐ 2 tablespoons juice of lemon
- ☐ 2 onions sliced
- ☐ 2 teaspoons salt
- ☐ 1 pound tomatoes chopped
- ☐ 2 cups water

Equipment

- ☐ baking sheet
- ☐ broiler
- ☐ dutch oven

Directions

- ☐ Heat the broiler.
- ☐ Put the whole eggplants on a baking sheet and broil, turning occasionally, until charred and soft, about 10 minutes. Set aside to cool.
- ☐ In a Dutch oven, heat the oil over moderately low heat.
- ☐ Add the onions and cook, stirring occasionally, until translucent, about 5 minutes.
- ☐ Add the garlic and ginger and cook, stirring, until fragrant, about 1 minute. Stir in the coriander, cumin, fennel seeds, and jalapeo and cook, stirring, for 1 minute longer.
- ☐ Add the potatoes, salt, and water and bring to a simmer. Cook, covered, until the potatoes start to soften, about 10 minutes.
- ☐ Cut each eggplant open and spoon the pulp into the potato mixture. Simmer, uncovered, until the potatoes are tender, about 5 minutes more.
- ☐ Add the tomatoes and heat through, about 2 minutes. Stir in the lemon juice and cilantro.
- ☐ Wine Recommendation: A robust, grenache-based Gigondas or Vacqueyras from the southern Rhne valley will meld beautifully with the smoky and earthy flavors of this curry.

Nutrition Facts



 **PROTEIN 8.97%**  **FAT 30.46%**  **CARBS 60.57%**

Properties

Glycemic Index:73.44, Glycemic Load:21.62, Inflammation Score:-9, Nutrition Score:24.103478379872%

Flavonoids

Delphinidin: 291.51mg, Delphinidin: 291.51mg, Delphinidin: 291.51mg, Delphinidin: 291.51mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 13.25mg, Quercetin: 13.25mg, Quercetin: 13.25mg, Quercetin: 13.25mg

Nutrients (% of daily need)

Calories: 321.43kcal (16.07%), Fat: 11.73g (18.05%), Saturated Fat: 1g (6.23%), Carbohydrates: 52.49g (17.5%), Net Carbohydrates: 37.91g (13.78%), Sugar: 18.46g (20.51%), Cholesterol: 0mg (0%), Sodium: 1191.76mg (51.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.78g (15.56%), Manganese: 1.26mg (63.11%), Fiber: 14.58g (58.34%), Vitamin C: 41.97mg (50.87%), Potassium: 1664.68mg (47.56%), Vitamin B6: 0.88mg (44.12%), Vitamin K: 37.5µg (35.72%), Folate: 122.32µg (30.58%), Copper: 0.53mg (26.51%), Magnesium: 99.94mg (24.98%), Vitamin E: 3.7mg (24.65%), Vitamin A: 1202.21IU (24.04%), Vitamin B3: 4.28mg (21.38%), Vitamin B1: 0.31mg (20.37%), Phosphorus: 197.84mg (19.78%), Vitamin B5: 1.51mg (15.14%), Iron: 2.59mg (14.36%), Vitamin B2: 0.21mg (12.51%), Calcium: 89.18mg (8.92%), Zinc: 1.26mg (8.43%), Selenium: 2.11µg (3.01%)