




# Eggplant Curry

 Vegetarian  Gluten Free

READY IN



360 min.

SERVINGS



4

CALORIES



266 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 teaspoon ground pepper
- 1 cup coconut milk separated
- 2 tablespoons cumin
- 2 eggplant peeled chopped
- 6 cloves garlic minced
- 1 ginger peeled finely chopped
- 1 cup greek yogurt
- 1 tablespoon ground coriander

- 2 large heirloom tomatoes diced
- 1 teaspoon pepper red crushed
- 4 servings salt to taste
- 2 teaspoons turmeric
- 2 onion yellow finely chopped

## Equipment

- bowl
- frying pan
- slow cooker

## Directions

- Heat about cup of the coconut milk over medium heat in a large skilled. Saut the onion and garlic using the coconut milk as oil until soft and beginning to brown, about 12 minutes.Put all the eggplant and tomato into a 6-quart or larger crockpot. In a bowl, combine all spices and stir them together.
- Pour the coconut milk, all the spices, salt and ginger into the crock; once the onion and garlic is finished sauting, pour contents of the skillet into the crock and mix everything together. Turn crock pot on high and allow the curry to cook for 6 to 8 hours, checking it periodically to stir.About a half an hour before you serve the curry, add the Greek yogurt and mix it into the curry before allowing it to cook an additional 30 minutes.Follow directions on the back of your quinoa package (I typically do a 2:1 water to quinoa ratio and simmer for about half an hour).
- Serve the curry over quinoa and add a dollop of Greek yogurt on top.

## Nutrition Facts



**PROTEIN 15.23%** **FAT 43.19%** **CARBS 41.58%**

## Properties

Glycemic Index:69.75, Glycemic Load:6.13, Inflammation Score:-10, Nutrition Score:20.422608695652%

## Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 11.86mg, Quercetin: 11.86mg, Quercetin: 11.86mg, Quercetin: 11.86mg

## Taste

Sweetness: 51.36%, Saltiness: 100%, Sourness: 35.26%, Bitterness: 39.84%, Savoriness: 42.22%, Fattiness: 72.76%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 265.86kcal (13.29%), Fat: 14g (21.54%), Saturated Fat: 10.98g (68.63%), Carbohydrates: 30.33g (10.11%), Net Carbohydrates: 20.05g (7.29%), Sugar: 14.67g (16.3%), Cholesterol: 2.5mg (0.83%), Sodium: 245.55mg (10.68%), Protein: 11.11g (22.22%), Manganese: 1.44mg (71.86%), Fiber: 10.28g (41.14%), Potassium: 1147.52mg (32.79%), Iron: 5.58mg (31.01%), Vitamin C: 24.48mg (29.68%), Magnesium: 98.91mg (24.73%), Phosphorus: 247.1mg (24.71%), Vitamin B6: 0.48mg (24.11%), Copper: 0.46mg (23.12%), Folate: 87.18µg (21.79%), Vitamin A: 1052.57IU (21.05%), Vitamin B2: 0.28mg (16.74%), Calcium: 157.03mg (15.7%), Vitamin K: 16.43µg (15.64%), Vitamin B3: 2.88mg (14.42%), Vitamin B1: 0.21mg (13.74%), Vitamin B5: 1.08mg (10.79%), Vitamin E: 1.56mg (10.41%), Selenium: 7.21µg (10.29%), Zinc: 1.53mg (10.17%), Vitamin B12: 0.35µg (5.83%)