



# Eggplants in a North-South Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



318 kcal

SAUCE

## Ingredients

- 0.1 teaspoon asafetida
- 1.5 pounds peas italian cut in half lengthways and then crossways, into 1-inch segents
- 4 tablespoons canola oil
- 0.3 teaspoon ground pepper
- 1 cup chicken stock see
- 0.5 teaspoon fennel seeds whole
- 2 cloves garlic chopped
- 0.5 teaspoon mustard seeds whole

- 1 medium onion chopped
- 1 teaspoon salt
- 0.5 teaspoon nigella seeds whole (kalonji)
- 2 medium tomatoes grated
- 0.5 teaspoon peas split yellow
- 0.5 teaspoon cumin seeds whole

## Equipment

- frying pan

## Directions

- Pour the oil into a very large frying pan and set over medium-high heat. When hot, put in the asafetida and the urad dal. As soon as the dal turns a shade darker, add the mustard, cumin, nigella, and fennel seeds, in that order. When the mustard seeds begin to pop, a matter of seconds, add the onions. Stir and fry for a minute.
- Add the garlic and the eggplant. Stir and fry for 4–5 minutes or until the onions are a bit browned.
- Add the grated tomatoes, stock, salt, and cayenne. Stir to mix and bring to a boil. Cover, turn heat to low, and cook about 20 minutes or until the eggplants are tender, stirring now and then.
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## Nutrition Facts



PROTEIN 14.94%    FAT 44.57%    CARBS 40.49%

## Properties

Glycemic Index: 44.08, Glycemic Load: 7.91, Inflammation Score: -9, Nutrition Score: 24.473043503969%

## Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg

## Nutrients (% of daily need)

Calories: 317.56kcal (15.88%), Fat: 16.12g (24.81%), Saturated Fat: 1.43g (8.97%), Carbohydrates: 32.95g (10.98%), Net Carbohydrates: 21.6g (7.85%), Sugar: 13.5g (15%), Cholesterol: 1.8mg (0.6%), Sodium: 680.96mg (29.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.16g (24.33%), Vitamin C: 79.31mg (96.13%), Vitamin K: 57.52 $\mu$ g (54.78%), Fiber: 11.36g (45.45%), Manganese: 0.88mg (44.22%), Vitamin A: 1872.75IU (37.45%), Vitamin B1: 0.52mg (34.83%), Folate: 130.53 $\mu$ g (32.63%), Vitamin B3: 4.99mg (24.93%), Phosphorus: 233.2mg (23.32%), Vitamin B6: 0.43mg (21.65%), Vitamin E: 3.09mg (20.63%), Copper: 0.4mg (19.85%), Potassium: 690.53mg (19.73%), Magnesium: 72.69mg (18.17%), Vitamin B2: 0.3mg (17.74%), Iron: 3.18mg (17.65%), Zinc: 2.43mg (16.2%), Selenium: 5.55 $\mu$ g (7.93%), Calcium: 67.14mg (6.71%), Vitamin B5: 0.29mg (2.88%)