



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

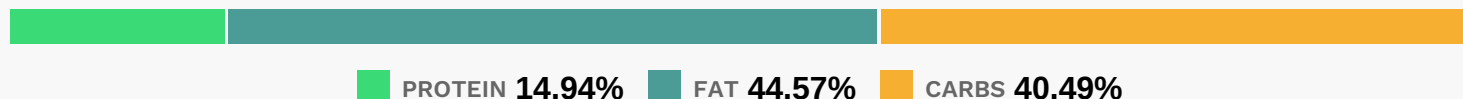
Equipment

- ☐ 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 ashade 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.
- ☐ Reprinted with permission from At Home with Madhur Jaffrey: Simple, Delectable Dishes from India, Pakistan, Bangladesh, and Sri Lanka by Madhur Jaffrey, © 2010 Knopf, a division of Random House, Inc.

Nutrition Facts



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: Og (100%), Alcohol %: 0% (100%), Protein: 12.16g (24.33%), Vitamin C: 79.31mg (96.13%), Vitamin K: 57.52µg (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: 130.53µg (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: 5.55µg (7.93%), Calcium: 67.14mg (6.71%), Vitamin B5: 0.29mg (2.88%)