



Exotic Brinjal (Spicy Eggplant)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



3

CALORIES



420 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon chili powder
- 1 tablespoon cilantro leaves
- 0.5 cup coconut milk
- 0.5 teaspoon cumin seeds
- 1.3 pound eggplant cut into 1-inch cubes
- 0.5 teaspoon fenugreek seeds crushed
- 0.5 inch ginger root fresh chopped
- 5 cloves garlic chopped

- 1 chile pepper green seeded chopped
- 0.5 teaspoon ground coriander
- 0.5 teaspoon ground turmeric
- 2 onions peeled finely chopped
- 0.8 teaspoon salt
- 0.5 teaspoon sesame seed
- 0.3 cup tomato purée
- 6 tablespoons vegetable oil




Equipment

- frying pan
- paper towels

Directions

- Heat the 2 tablespoons oil over medium-high heat in a large skillet, and fry eggplant pieces until golden, about 5 minutes.
- Remove the eggplant from the skillet and set aside; wipe out the skillet with a paper towel.
- Heat the 6 tablespoons oil in the same skillet over medium heat. Stir in the cumin, fenugreek, kalonji, and sesame seeds, and cook until the cumin turns golden, about 2 minutes. Reduce the heat; stir in the ginger and garlic, and cook for a few seconds. Stir in the onions and green chile pepper, and continue to cook and stir until the onion is golden, about 10 minutes.
- Stir the tomato puree, chili powder, coriander, turmeric, and salt into the onions. Cook and stir over medium heat for 2 minutes, or until the oil separates. Stir in the cooked eggplant; cover and simmer until eggplant is tender, about 5 minutes.
- Pour in the coconut milk; stir until blended and heated through.
- Sprinkle with cilantro leaves.

Nutrition Facts

 **PROTEIN 4.06%**  **FAT 73.36%**  **CARBS 22.58%**

Properties

Glycemic Index:92, Glycemic Load:4.69, Inflammation Score:-10, Nutrition Score:15.646086723908%

Flavonoids

Delphinidin: 161.95mg, Delphinidin: 161.95mg, Delphinidin: 161.95mg, Delphinidin: 161.95mg 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: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 16.02mg, Quercetin: 16.02mg, Quercetin: 16.02mg, Quercetin: 16.02mg

Nutrients (% of daily need)

Calories: 420.42kcal (21.02%), Fat: 36.15g (55.62%), Saturated Fat: 11.44g (71.51%), Carbohydrates: 25.03g (8.34%), Net Carbohydrates: 16.51g (6%), Sugar: 11.45g (12.72%), Cholesterol: 0mg (0%), Sodium: 656.86mg (28.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.01%), Vitamin K: 58.59µg (55.8%), Manganese: 1.01mg (50.66%), Fiber: 8.52g (34.09%), Vitamin E: 3.4mg (22.64%), Potassium: 776.08mg (22.17%), Vitamin C: 15.93mg (19.31%), Copper: 0.38mg (18.96%), Vitamin B6: 0.37mg (18.5%), Iron: 3.07mg (17.05%), Folate: 64.51µg (16.13%), Magnesium: 63.85mg (15.96%), Phosphorus: 128.62mg (12.86%), Vitamin B3: 2.02mg (10.11%), Vitamin B1: 0.14mg (9.37%), Vitamin B5: 0.81mg (8.11%), Vitamin B2: 0.12mg (7.21%), Calcium: 65.87mg (6.59%), Zinc: 0.88mg (5.89%), Vitamin A: 269.23IU (5.38%), Selenium: 2.15µg (3.07%)