



 **39%**
HEALTH SCORE

Hyderabadi baghara Baingan

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



194 kcal

SIDE DISH

Ingredients

- 4 servings peas
- 4 servings pepper flakes red
- 3 tbsp coconut flakes freshly grated
- 3 tbsp coconut flakes freshly grated
- 1 tbsp coriander seeds
- 1 tsp cumin seeds
- 4 servings curry leaves
- 2 cloves garlic

- 1 piece ginger
- 4 servings lime
- 1 tsp cooking oil
- 1 large onion chopped
- 4 servings salt to taste
- 0.5 tsp nigella seeds
- 1 tsp sesame seed
- 0.3 tsp turmeric
- 2 tsp jaggery
- 2 tbsp peanuts
- 2 tbsps frangelico
- 2 tbsps frangelico

Equipment

- frying pan

Directions

- Wash the eggplants and pat them dry. Slit the eggplants length wise into fours but keep the stems intact. This way, the egg plants remain joined at the stem. Keep aside.
- Heat a tspn of oil in a separate pan and add the cumin seeds, peanuts and cashew nuts and fry for a few seconds.
- Add ginger, garlic and chopped onion and fry for a min.
- Add the turmeric, coriander seeds, coconut and Kashmiri red chilies and fry till the mixture is brown. Allow the mixture to cool completely and blend to a fine paste using a little water and keep aside.
- Heat oil in a thick bottomed pan and fry the egg plants till brown and tender, remove and keep aside.
- Add the nigella seeds to the same oil and allow them to crackle. Stir in the curry leaves and fry for a few seconds.
- Add the ground paste, tamarind pulp, salt and jaggery and mix well.

Add the sauted egg plants and 1/2 cup of water and cook covered over low heat till the egg plants are cooked through and soft.

Serve the curry hot with either rice or rot is.

Nutrition Facts

PROTEIN 13.76% **FAT 42.69%** **CARBS 43.55%**

Properties

Glycemic Index:63.15, Glycemic Load:4.33, Inflammation Score:-9, Nutrition Score:22.590434782609%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.67mg, Quercetin: 7.67mg, Quercetin: 7.67mg, Quercetin: 7.67mg

Taste

Sweetness: 100%, Saltiness: 4.31%, Sourness: 9.56%, Bitterness: 0%, Savoriness: 4.21%, Fattiness: 50.5%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 194.03kcal (9.7%), Fat: 9.76g (15.02%), Saturated Fat: 4.93g (30.83%), Carbohydrates: 22.41g (7.47%), Net Carbohydrates: 14.75g (5.36%), Sugar: 9.08g (10.09%), Cholesterol: 0mg (0%), Sodium: 205.74mg (8.95%), Protein: 7.08g (14.16%), Vitamin B3: 25.64mg (128.21%), Vitamin C: 89.19mg (108.11%), Folate: 305.61µg (76.4%), Manganese: 0.8mg (39.91%), Fiber: 7.67g (30.68%), Vitamin K: 20.47µg (19.5%), Vitamin B1: 0.27mg (18.16%), Copper: 0.31mg (15.6%), Vitamin A: 736.52IU (14.73%), Vitamin B6: 0.29mg (14.56%), Phosphorus: 144.29mg (14.43%), Magnesium: 56.18mg (14.05%), Iron: 2.48mg (13.79%), Potassium: 393.27mg (11.24%), Zinc: 1.41mg (9.38%), Vitamin B2: 0.14mg (8.31%), Calcium: 68.7mg (6.87%), Selenium: 4.08µg (5.82%), Vitamin B5: 0.32mg (3.18%), Vitamin E: 0.44mg (2.97%)