



Indian Eggplant Bhurtha

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



114 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon ground pepper
- 0.5 teaspoon cumin seeds
- 1 eggplant
- 0.3 cup cilantro leaves fresh chopped
- 1 teaspoon ginger fresh chopped
- 1 clove garlic minced
- 0.5 teaspoon ground coriander
- 0.5 teaspoon ground cumin

- 4 servings pepper black to taste
- 0.5 teaspoon turmeric
- 1 medium onion sliced
- 0.5 teaspoon salt to taste
- 1 large tomatoes diced peeled seeded
- 2 tablespoons vegetable oil

Equipment

- frying pan
- oven
- broiler
- wok

Directions

- Preheat the oven's broiler. Rub oil on the outside of the egg plant, or coat with cooking spray.
- Place under the broiler, and cook until the flesh is soft and the skin is blistering off, about 30 minutes. Turn as needed for even cooking.
- Cut the eggplant in half lengthwise, and scoop the flesh out of the skin. Discard the skin; chop up the flesh, and set aside.
- Heat the oil in a large skillet or wok over medium-high heat.
- Add the cumin seeds, and let them crackle for a few seconds and turn golden brown. Be careful not to burn them.
- Add the onion, ginger and garlic; cook and stir until tender. I don't let the onions get very brown. Stir in the tomato, and season with turmeric, ground cumin, ground coriander, cayenne pepper, salt and black pepper. Cook and stir for a few minutes.
- Place the eggplant pieces in the skillet, and cook for 10 to 15 minutes so some of the moisture evaporates. Taste, and adjust seasonings if desired.
- Garnish with fresh cilantro, and serve.

Nutrition Facts



PROTEIN 6.74% FAT 53.83% CARBS 39.43%

Properties

Glycemic Index:62.75, Glycemic Load:2.14, Inflammation Score:-9, Nutrition Score:7.7434782774552%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg 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: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 6.43mg, Quercetin: 6.43mg, Quercetin: 6.43mg, Quercetin: 6.43mg

Nutrients (% of daily need)

Calories: 113.83kcal (5.69%), Fat: 7.34g (11.3%), Saturated Fat: 1.13g (7.03%), Carbohydrates: 12.1g (4.03%), Net Carbohydrates: 7.33g (2.67%), Sugar: 6.46g (7.18%), Cholesterol: 0mg (0%), Sodium: 298.08mg (12.96%), Alcohol: 0g (100%), Protein: 2.07g (4.14%), Vitamin K: 23.66µg (22.53%), Manganese: 0.43mg (21.4%), Fiber: 4.77g (19.09%), Vitamin C: 11.57mg (14.02%), Potassium: 442.81mg (12.65%), Vitamin A: 532.36IU (10.65%), Folate: 38.23µg (9.56%), Vitamin B6: 0.19mg (9.36%), Vitamin E: 1.24mg (8.27%), Copper: 0.15mg (7.31%), Magnesium: 27.95mg (6.99%), Vitamin B3: 1.12mg (5.59%), Iron: 0.98mg (5.43%), Vitamin B1: 0.08mg (5.4%), Phosphorus: 52.88mg (5.29%), Vitamin B5: 0.41mg (4.09%), Vitamin B2: 0.07mg (3.84%), Calcium: 30.98mg (3.1%), Zinc: 0.37mg (2.5%), Selenium: 0.72µg (1.03%)