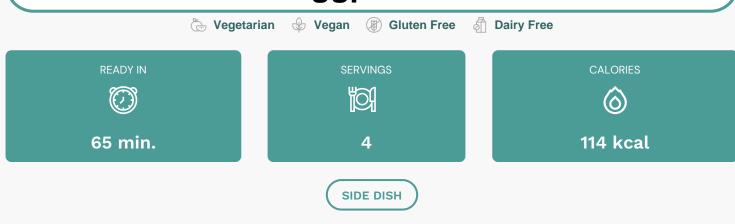


Indian Eggplant Bhurtha



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
Εq	uipment
	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

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 Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 0.02mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, 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: Omg (0%), Sodium: 298.08mg (12.96%), Alcohol: Og (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%)