



Indian Stuffed Eggplant



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



377 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon chili powder
- ☐ 2 teaspoons vindaloo curry powder
- ☐ 4 small eggplants halved lengthwise
- ☐ 2 cloves garlic minced
- ☐ 0.5 cup ghee clarified butter
- ☐ 2 teaspoons ground coriander
- ☐ 1 large onion finely chopped
- ☐ 1 teaspoon salt

☐ 1 quart vegetable oil for frying

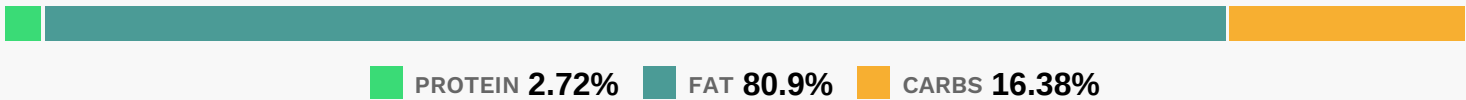
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Scoop the inside out of the eggplant halves, leaving 1/4 inch of flesh attached to the skin. Roughly chop the removed eggplant, and set the shells aside.
- ☐ Heat the ghee in a large skillet over medium heat. Cook and stir the onion and garlic until the onion has softened and turned translucent, about 5 minutes. Stir in the coriander, vindaloo powder, chili powder, and salt; continue cooking 2 to 3 minutes until the spices are very fragrant. Stir in the chopped eggplant flesh, and cook until very soft, mashing as you go.
- ☐ Pour in a little water if needed to keep the eggplant from burning. Keep the mashed eggplant hot over low heat.
- ☐ Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).
- ☐ Deep fry the eggplant halves in the hot oil until crisp, about 5 minutes.
- ☐ Drain upside-down on a paper towel-lined plate. Once drained, spoon in the reserved filling, and serve hot.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:2.44, Inflammation Score:-6, Nutrition Score:10.80739132736%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

Nutrients (% of daily need)

Calories: 377.38kcal (18.87%), Fat: 35.48g (54.58%), Saturated Fat: 10.68g (66.75%), Carbohydrates: 16.15g (5.38%), Net Carbohydrates: 8.49g (3.09%), Sugar: 8.92g (9.91%), Cholesterol: 28.8mg (9.6%), Sodium: 300.9mg (13.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.38%), Vitamin K: 52.37µg (49.88%), Fiber: 7.67g (30.67%), Manganese: 0.6mg (30.2%), Vitamin E: 2.83mg (18.88%), Potassium: 573.78mg (16.39%), Folate: 54.81µg (13.7%), Vitamin B6: 0.24mg (11.76%), Copper: 0.21mg (10.34%), Magnesium: 37.42mg (9.36%), Vitamin C: 6.82mg (8.27%), Vitamin B3: 1.57mg (7.85%), Vitamin B1: 0.1mg (6.83%), Vitamin B5: 0.67mg (6.73%), Phosphorus: 66.08mg (6.61%), Vitamin B2: 0.1mg (5.64%), Iron: 0.86mg (4.77%), Calcium: 33.22mg (3.32%), Zinc: 0.46mg (3.08%), Vitamin A: 132.17IU (2.64%), Selenium: 1.16µg (1.65%)