



 **44%**
HEALTH SCORE

South Indian Eggplant (Aubergine) Curry

 **Gluten Free**  **Dairy Free**

READY IN



60 min.

SERVINGS



5

CALORIES



816 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons chana dal
- 1 teaspoon chili powder to taste
- 0.5 cup coconut powder dry
- 1 teaspoon cumin seeds
- 2 tablespoons cumin seeds
- 12 small eggplant
- 3 tablespoons cilantro leaves fresh chopped
- 2 teaspoons garam masala

- 2 tablespoons ginger garlic paste
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 2 teaspoons kosher salt
- 1 teaspoon mustard seeds
- 0.3 cup cooking oil
- 2 tablespoons cooking oil
- 1 cup onion chopped
- 3 tablespoons poppy seeds white
- 0.5 cup roasted peanuts
- 3 tablespoons sesame seed
- 2 cups tomatoes fresh peeled seeded chopped
- 1 teaspoon turmeric
- 1.5 cups water

Equipment

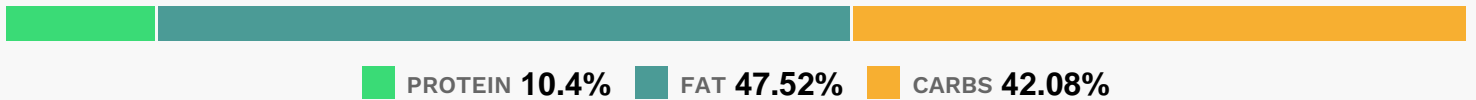
- food processor
- frying pan

Directions

- In a cast iron or other heavy skillet, roast coconut powder, poppy seeds, sesame seeds and cumin seeds over low heat until light brown.
- Remove from pan to stop the cooking and cool. Put this coconut mixture in a food processor and process until its grainy, reserve in a dish. Grind the roasted channa dal in a spice grinder until it is a fine powder and add to the coconut mixture. In a food processor, process the peanuts until they are coarsely ground. Wash and stem the eggplants.
- Cut each eggplant 2/3 into the wide end up to the stem making an X leave the stem end intact.
- Heat 1/4 cup oil in a skillet and cook the eggplants on low until soft. In a separate pan, heat the 2 tablespoons of oil to medium hot.

- Add the 1 teaspoon of cumin seeds and 1 teaspoon of mustard seeds to the hot oil. In a matter of seconds they will begin to pop add the onions and stir. When the onions are beginning to brown, add the ginger garlic paste and the turmeric, cumin, coriander powder, chili powder and salt. Stir the spices into the onion then add the tomatoes. Stir in the tomatoes then add the coconut mixture along with the peanuts.
- Add the eggplants and 1 cup of the water. Stir and cook over low heat, covered for about 20 minutes.
- Add water a little at a time to maintain a nice smooth consistency.
- Add garam masala and 2 1/2 tablespoons of the chopped fresh coriander stir. Check to see that it is salted to your taste. Put in a serving dish and garnish with the remaining chopped coriander.

Nutrition Facts



Properties

Glycemic Index: 37.4, Glycemic Load: 11.05, Inflammation Score: -10, Nutrition Score: 43.860434532166%

Flavonoids

Delphinidin: 941.9mg, Delphinidin: 941.9mg, Delphinidin: 941.9mg, Delphinidin: 941.9mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 7.41mg, Quercetin: 7.41mg, Quercetin: 7.41mg, Quercetin: 7.41mg

Nutrients (% of daily need)

Calories: 816.39kcal (40.82%), Fat: 46.54g (71.6%), Saturated Fat: 15.24g (95.24%), Carbohydrates: 92.74g (30.91%), Net Carbohydrates: 51.53g (18.74%), Sugar: 44.71g (49.67%), Cholesterol: 0mg (0%), Sodium: 1087.42mg (47.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.91g (45.83%), Manganese: 3.65mg (182.7%), Fiber: 41.21g (164.84%), Potassium: 2965.78mg (84.74%), Folate: 286.03µg (71.51%), Copper: 1.37mg (68.64%), Magnesium: 241.17mg (60.29%), Vitamin B6: 1.13mg (56.51%), Vitamin K: 56.71µg (54.01%), Vitamin B3: 10.22mg (51.12%), Vitamin E: 6.98mg (46.54%), Phosphorus: 446.03mg (44.6%), Vitamin C: 35.31mg (42.8%), Vitamin B1: 0.62mg (41.57%), Iron: 7.31mg (40.63%), Vitamin B5: 3.41mg (34.14%), Calcium: 312.98mg (31.3%), Vitamin B2: 0.47mg (27.92%), Zinc: 3.26mg (21.73%), Vitamin A: 925.98IU (18.52%), Selenium: 8.56µg (12.22%)