



## Spiced Eggplant Indian Style

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



388 kcal

SIDE DISH

### Ingredients

- 0.7 cup ghee
- 4 teaspoons coriander seeds crushed
- 2.5 pounds eggplant
- 1 cup onion chopped
- 4 large tomatoes ripe chopped

### Equipment

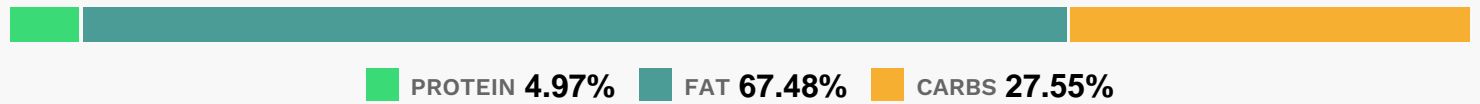
- frying pan
- oven

- blender
- potato masher

## Directions

- Preheat oven to 325 degrees F (165 degrees C).
- Half eggplant(s) and bake for 20 minutes, or until tender. Using a potato masher or pastry blender, crush eggplant.
- Heat clarified butter in a medium skillet over medium heat; saute onions until translucent. Stir in tomatoes and eggplant; cook, stirring, until liquid evaporated.
- Remove from heat and sprinkle with coriander.

## Nutrition Facts



## Properties

Glycemic Index:23.75, Glycemic Load:5.13, Inflammation Score:-9, Nutrition Score:17.63782625613%

## Flavonoids

Delphinidin: 242.93mg, Delphinidin: 242.93mg, Delphinidin: 242.93mg, Delphinidin: 242.93mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg

## Nutrients (% of daily need)

Calories: 388.39kcal (19.42%), Fat: 31.11g (47.87%), Saturated Fat: 18.75g (117.21%), Carbohydrates: 28.59g (9.53%), Net Carbohydrates: 16.38g (5.96%), Sugar: 16.49g (18.32%), Cholesterol: 76.8mg (25.6%), Sodium: 17.67mg (0.77%), Alcohol: 0g (100%), Protein: 5.15g (10.3%), Fiber: 12.21g (48.83%), Manganese: 0.95mg (47.74%), Vitamin C: 34.55mg (41.88%), Potassium: 1164.28mg (33.27%), Vitamin A: 1582.06IU (31.64%), Folate: 97.27µg (24.32%), Vitamin K: 24.46µg (23.3%), Vitamin B6: 0.43mg (21.59%), Copper: 0.37mg (18.61%), Magnesium: 70.31mg (17.58%), Vitamin B3: 3.01mg (15.05%), Vitamin B1: 0.2mg (13.41%), Phosphorus: 131.5mg (13.15%), Vitamin E: 1.84mg (12.28%), Vitamin B5: 1.01mg (10.08%), Vitamin B2: 0.16mg (9.18%), Iron: 1.55mg (8.63%), Calcium: 67.09mg (6.71%), Zinc: 0.93mg (6.17%), Selenium: 1.57µg (2.25%)