



Spicy baby aubergine stew with coriander & mint



Vegetarian



Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



181 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 2 onion red sliced
- ☐ 4 garlic clove smashed
- ☐ 2 pepper flakes dried whole red deseeded sliced
- ☐ 2 tsp coriander seeds crushed toasted
- ☐ 2 tsp cumin seeds crushed toasted
- ☐ 16 peas whole with stalk intact

- ☐ 800 g canned tomatoes chopped canned
- ☐ 2 tsp sugar
- ☐ 1 bunch mint leaves roughly chopped
- ☐ 1 bunch cilantro leaves roughly chopped
- ☐ 4 servings yogurt

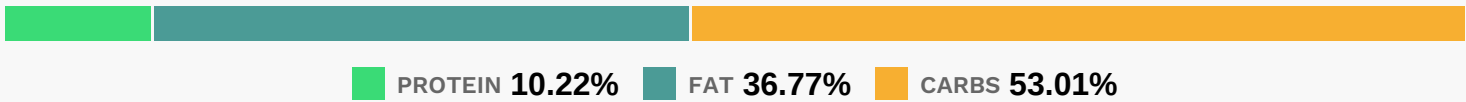
Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in a heavy-based saucepan, add the onions and garlic and cook until they begin to colour.
- ☐ Add the chillies, coriander and cumin seeds. When the seeds give off a nutty aroma, toss in the whole aubergines, coating them in the onion and spices.
- ☐ Tip in tomatoes and sugar, cover and gently cook for 40 mins, until aubergines are tender.
- ☐ Season sauce and toss in half the mint and coriander. Cover and simmer for 2 mins.
- ☐ Sprinkle over remaining herbs and serve with couscous and yogurt.

Nutrition Facts



Properties

Glycemic Index:77.61, Glycemic Load:7.9, Inflammation Score:-8, Nutrition Score:17.05782625233%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 12.28mg, Quercetin: 12.28mg, Quercetin: 12.28mg, Quercetin: 12.28mg

Nutrients (% of daily need)

Calories: 181.06kcal (9.05%), Fat: 8.2g (12.61%), Saturated Fat: 1.13g (7.08%), Carbohydrates: 26.59g (8.86%), Net Carbohydrates: 20.6g (7.49%), Sugar: 14.76g (16.41%), Cholesterol: 0.13mg (0.04%), Sodium: 272.86mg (11.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.13g (10.25%), Vitamin C: 58.47mg (70.87%), Manganese: 0.62mg (30.9%), Vitamin B6: 0.53mg (26.65%), Vitamin E: 3.77mg (25.12%), Vitamin K: 25.49µg (24.27%), Fiber: 5.99g (23.95%), Potassium: 808.49mg (23.1%), Copper: 0.46mg (22.92%), Iron: 4.03mg (22.38%), Vitamin A: 867.93IU (17.36%), Magnesium: 61mg (15.25%), Vitamin B3: 3mg (15%), Vitamin B1: 0.22mg (14.62%), Folate: 46.87µg (11.72%), Calcium: 111.46mg (11.15%), Phosphorus: 110.1mg (11.01%), Vitamin B2: 0.16mg (9.44%), Vitamin B5: 0.71mg (7.1%), Zinc: 0.9mg (5.98%), Selenium: 2.43µg (3.47%)