

 100%
HEALTH SCORE

Thai Eggplants and Chickpeas in Peanut Masala

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 tablespoon agave nectar
- 1 cup chickpeas cooked
- 0.3 teaspoon cinnamon
- 2 tablespoons coconut flakes dried fresh frozen (, , or)
- 2 teaspoons coriander seeds
- 1 teaspoon cumin seeds
- 10 small eggplant (or use one large eggplant)

- 2 cloves garlic
- 2 teaspoons ginger fresh minced (or 1 teaspoon ginger)
- 2 medium onion chopped
- 2 tablespoons peanut butter
- 1 teaspoon to 5 chilies red to taste (or)
- 4 servings salt to taste
- 2 teaspoons sesame seed
- 1 teaspoon tamarind paste (or substitute)
- 2 small tomatoes
- 0.5 teaspoon turmeric

Equipment

- food processor
- frying pan
- blender

Directions

- Remove from pan and let cool. Then transfer to a blender or grinder and grind to a paste. (Magic Bullet owners can do this in the small jar with the flat blade.)
- Add the onions to the pan and cook until they begin to brown.
- Transfer to a food processor and add the ground spices and all remaining ingredients except the eggplant and chickpeas. Puree to a smooth paste.
- Remove the stems of the eggplants and cut them into quarters. (If you're using small purple eggplants, you may choose to leave the stem attached and cut a deep cross up through the bottom of each eggplant; if you're using a regular eggplant, cut it into 1-inch cubes.) Spray the skillet lightly with oil or non-stick spray, add the eggplants, and cook, stirring, until they begin to brown on the outside.
- Add the spice paste, the chickpeas, and 1/2 cup of water. Stir well and cover. Simmer, adding more water if the sauce seems too thick, until the eggplants are tender. (The time will vary depending on the eggplants you use, but count on at least 15 minutes.)
- Garnish with chopped parsley or cilantro, if desired, and serve over rice.

Nutrition Facts

PROTEIN 13.8% FAT 16.55% CARBS 69.65%

Properties

Glycemic Index:88.69, Glycemic Load:14.99, Inflammation Score:-10, Nutrition Score:41.587826065395%

Flavonoids

Delphinidin: 981.15mg, Delphinidin: 981.15mg, Delphinidin: 981.15mg, Delphinidin: 981.15mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 11.91mg, Quercetin: 11.91mg, Quercetin: 11.91mg, Quercetin: 11.91mg

Nutrients (% of daily need)

Calories: 475.57kcal (23.78%), Fat: 9.82g (15.12%), Saturated Fat: 2.88g (17.99%), Carbohydrates: 93g (31%), Net Carbohydrates: 52.39g (19.05%), Sugar: 49.53g (55.03%), Cholesterol: 0mg (0%), Sodium: 261.78mg (11.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.43g (36.87%), Manganese: 3.52mg (175.97%), Fiber: 40.61g (162.45%), Folate: 349.4µg (87.35%), Potassium: 3046.66mg (87.05%), Copper: 1.24mg (62.03%), Vitamin B6: 1.21mg (60.64%), Magnesium: 218.19mg (54.55%), Vitamin C: 39.2mg (47.52%), Vitamin B3: 9.25mg (46.25%), Vitamin K: 46.5µg (44.29%), Phosphorus: 421.62mg (42.16%), Vitamin B1: 0.58mg (38.5%), Vitamin B5: 3.56mg (35.65%), Vitamin E: 4.64mg (30.96%), Vitamin B2: 0.51mg (29.91%), Iron: 5.13mg (28.5%), Zinc: 3.07mg (20.48%), Calcium: 172.61mg (17.26%), Vitamin A: 673.9IU (13.48%), Selenium: 6.96µg (9.94%)