

Brinjal Side Dish best to be paired up with Biryani

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/aubergine-indian-side-dish-recipe>

Ingredients:

- 500 grams brinjal Baby, /eggplant
- 1 onion big size
- 2 tomato medium size
- 2 tablespoons black pepper corns
- 1 tablespoon cumin seeds
- 1 teaspoon chili powder
- 3 teaspoons coriander powder
- 1 teaspoon Garam Masala
- 1/2 teaspoon turmeric powder
- 1 teaspoon salt or as required
- 5 tablespoons cooking oil preferably Gingelly Oil
- 1 cup cooking oil for Frying

Nutrition:

1. Calories: 710 calories
2. Carbohydrate: 17 grams
3. Fat: 72 grams
4. Fiber: 7 grams
5. Protein: 3 grams
6. SaturatedFat: 5 grams
7. Sodium: 610 milligrams
8. Sugar: 6 grams

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