

Potato Eggplant Curry

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/baby-eggplant-curry-indian-recipe>

Ingredients:

- 3 medium potatoes about 2.5 cups
- 8 baby eggplant about 3 cups
- 1 medium onion finely chopped
- 2 medium tomato finely chopped
- 2 cloves garlic minced
- 1 inch ginger grated
- 1 tablespoon oil
- 1 teaspoon seeds cumin, jeera
- salt to taste
- 1/2 cup water
- 2 tablespoons coriander leaves cilantro finely chopped
- fresh lemon juice squeeze of
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon chilli powder
- 1 teaspoon coriander powder
- 1/2 teaspoon Garam Masala

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 54 grams
3. Fat: 4 grams
4. Fiber: 14 grams
5. Protein: 7 grams
6. Sodium: 220 milligrams
7. Sugar: 11 grams

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