

Baingan Bharta - Indian Style Mashed Eggplants

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-baingan-bharta-indian-style>

Ingredients:

- 7 Chinese eggplants
- 2 1/2 tablespoons coconut oil
- 1 teaspoon cumin whole
- 5 onions chopped
- 1 inch ginger minced
- 3 fresh chilies minced
- 5 cloves garlic minced
- 1 teaspoon chile powder or paprika
- 2 tablespoons coriander ground
- 1/2 teaspoon cumin ground
- 1/2 teaspoon turmeric ground
- salt to taste
- 4 tomatoes large
- 1 1/2 teaspoons Garam Masala ground
- coriander leaves Fresh

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 81 grams
3. Fat: 9 grams
4. Fiber: 34 grams
5. Protein: 13 grams
6. SaturatedFat: 7 grams
7. Sodium: 240 milligrams
8. Sugar: 30 grams

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