

Brinjal Chutney

Yield: 3 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/brinjal-bake-indian-recipe>

Ingredients:

- 5 brinjal small or 1 big, eggplant
- 1 pinch asafoetida hing, optional
- 1/2 teaspoon cumin seeds
- 2 red chilli
- 5 curry leaves
- 1 tablespoon peanuts
- 3 garlic cloves chopped
- 1/2 teaspoon ginger chopped or grated
- 1 teaspoon tamarind seedless, or 1 teaspoon Tamarind paste
- 1 small tomato finely chopped, optional
- 1 teaspoon jaggery grated
- 1 tablespoon cooking oil
- salt to taste
- 1/2 teaspoon mustard seeds
- 1/4 teaspoon urad dal Split Black Gram
- 1/2 red chilli
- 4 curry leaves
- 2 teaspoons cooking oil

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 59 grams
3. Fat: 9 grams
4. Fiber: 28 grams
5. Protein: 11 grams
6. SaturatedFat: 1 grams
7. Sodium: 280 milligrams
8. Sugar: 21 grams

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