

Brinjal Masala / Baingan Masala - Spicy brinjal curry

Yield: 4 min
Total Time: 15 min

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

Ingredients:

- 2 eggplant medium
- 1 onions large sized, chopped
- 2 green chilies
- red chili peppers
- 1 large tomato chopped
- 1 1/2 tablespoons ginger paste
- 1 teaspoon garlic paste
- 1/2 teaspoon ground turmeric
- salt
- sugar
- 1 teaspoon cumin seed
- 3 tablespoons grated coconut
- 8 tablespoons vegetable oil
- sunflower oil
- 1 tablespoon ghee
- 2 teaspoons garam masala
- cilantro leaves 14. Chopped, for garnishing, optional

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 31 grams
3. Fat: 37 grams
4. Fiber: 11 grams
5. Protein: 5 grams
6. SaturatedFat: 4.5 grams
7. Sodium: 260 milligrams
8. Sugar: 15 grams

9. TransFat: 1 grams

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