

North Indian Eggplant Mash (Baingan Bharta)

Yield: 3 min
Total Time: 40 min

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

Ingredients:

- 500 grams eggplant about 3 small
- 5 garlic cloves 3 whole and 2 minced
- 1 teaspoon cumin seeds
- 1 medium onion diced
- 1/2 inch ginger piece of, minced
- 2 medium tomatoes peeled and diced
- 1 teaspoon ground coriander
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon Garam Masala
- 1/4 teaspoon chili powder or more to taste
- salt
- black pepper
- oil for cooking

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 22 grams
3. Fat: 7 grams
4. Fiber: 8 grams
5. Protein: 4 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 270 milligrams
8. Sugar: 7 grams

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