

# Indian Eggplant - Pickling Style

Yield: 4 min  
Total Time: 55 min

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

## Ingredients:

- 2 eggplants large
- 1 inch fresh ginger cube
- 6 cloves garlic
- 1/4 cup water
- 1/3 cup vegetable oil divided
- 1 teaspoon fennel seeds whole
- 1/2 teaspoon cumin seeds whole, or 3/4 teaspoon ground cumin
- 1 can diced tomatoes I used the ones with roasted garlic. Or you can use 3 fresh ones, peeled and chopped.
- 1 tablespoon ground coriander
- 1/2 teaspoon turmeric
- 1 1/4 teaspoons salt

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 21 grams
3. Fat: 19 grams
4. Fiber: 10 grams
5. Protein: 4 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 750 milligrams
8. Sugar: 7 grams
9. TransFat: 0.5 grams

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