

Hyderabadi Bagara Baingan

Yield: 4 min
Total Time: 70 min

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

Ingredients:

- 400 grams brinjal
- 4 tablespoons peanut oil
- 1/2 teaspoon mustard seeds
- 1/2 teaspoon fenugreek seeds
- 20 curry leaves
- 2 teaspoons tamarind pulp
- 1 teaspoon jaggery
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon chilli powder
- salt to taste
- masala To make the, paste
- 1 cup onion
- 1 inch ginger
- 6 cloves
- 1/2 cup grated coconut
- 1/4 cup peanuts
- 2 tablespoons sesame seeds
- 1 teaspoon poppy seeds
- 6 dry red chilies
- 1 tablespoon coriander seeds

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 20 grams
3. Fat: 28 grams
4. Fiber: 9 grams
5. Protein: 6 grams
6. SaturatedFat: 9 grams
7. Sodium: 210 milligrams

8. Sugar: 6 grams

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