

# Healing Indian Eggplant Hummus

Yield: 3 min  
Total Time: 25 min

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

## Ingredients:

- 1 eggplant Medium
- 3 cups chickpeas Cooked
- 1 teaspoon turmeric
- 1/2 teaspoon minced garlic
- 1/2 teaspoon onion powder
- 1/2 teaspoon curry powder
- 1/4 teaspoon cumin
- 1/4 teaspoon Garam Masala
- 1 teaspoon fresh lemon juice
- 1/2 teaspoon lemon zest Fresh
- 5 tablespoons water as needed

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 59 grams
3. Fat: 2 grams
4. Fiber: 14 grams
5. Protein: 12 grams
6. Sodium: 600 milligrams
7. Sugar: 4 grams

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