

# Baingan Bharta

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/authentic-indian-bharta-recipe>

## Ingredients:

- 2 eggplants medium sized
- 1/4 cup cooking oil
- 1 medium onion sliced
- 4 cloves garlic diced
- 1/2 teaspoon cumin seeds
- 1 medium tomato chopped
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon chilli powder
- 1 green chilli chopped
- 1 sprig fresh cilantro chopped
- salt to taste

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 23 grams
3. Fat: 14 grams
4. Fiber: 10 grams
5. Protein: 4 grams
6. SaturatedFat: 1 grams
7. Sodium: 210 milligrams
8. Sugar: 8 grams

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