

Indian Nutty Eggplant Dish

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 6 tablespoons oil
- 4 cups eggplant small
- 1 3/4 cups peanuts chopped
- 1 tablespoon sesame seeds
- 2 tablespoons desiccated coconut
- 1 tablespoon tamarind paste
- 1 teaspoon turmeric
- 4 green chili pepper fresh
- 4 bay leaves

Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 22 grams
3. Fat: 55 grams
4. Fiber: 10 grams
5. Protein: 19 grams
6. SaturatedFat: 8 grams
7. Sodium: 20 milligrams
8. Sugar: 7 grams

Thank you for visiting our website. Hope you enjoy Indian Nutty Eggplant Dish above. You can see more 20 indian eggplant peanut recipe Elevate your taste buds! to get more great cooking ideas.