

EGGPLANT SUKKA

Yield: 4 min
Total Time: 60 min

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

Ingredients:

- 2/3 eggplant
- 2 tablespoons chana dal
- 2 tablespoons urad dal
- 1 1/2 tablespoons coriander seeds
- 1/4 teaspoon fenugreek seeds
- 5 curry leaves
- tamarind – small ball
- 1 tablespoon cashew
- 1/4 cup grated coconut
- onion chopped – 1
- garlic cloves chopped – 2
- ginger grated – 1/2 inch
- tomato chopped – 1
- 2 green chilies
- 1/4 teaspoon turmeric powder
- 1 teaspoon lemon juice
- salt – to taste
- 1 1/2 teaspoons red chile powder
- water – approx 1 cup

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 18 grams
3. Fat: 6 grams
4. Fiber: 7 grams
5. Protein: 4 grams
6. SaturatedFat: 3 grams
7. Sodium: 220 milligrams
8. Sugar: 6 grams

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