

# Baingan ka Bharta (Indian Eggplant)

Yield: 4 min  
Total Time: 75 min

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

## Ingredients:

- 2 eggplants large
- 4 tablespoons avocado oil divided
- 1 teaspoon cumin seeds
- 1 white onion large, finely chopped
- 5 garlic cloves minced
- 1 inch ginger knob, minced
- 2 serrano pepper minced, adjust according to preference
- 2 teaspoons coriander powder
- 2 teaspoons salt
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon Garam Masala
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon paprika
- 3 medium tomatoes chopped
- cilantro chopped

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 26 grams
3. Fat: 14 grams
4. Fiber: 11 grams
5. Protein: 5 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 1200 milligrams
8. Sugar: 10 grams

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