

Banjan Borani

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-eggplant-borani-recipe>

Ingredients:

- 2 cups yogurt full-fat, preferably ¼ of it will be sour yogurt
- 3 eggplants sliced crosswise
- 3 red onions sliced in half-rings
- 1 1/2 teaspoons garlic paste
- 4 Roma tomatoes sliced crosswise
- 5 green chilies thinly diced
- 1 teaspoon salt
- 1 teaspoon turmeric powder
- 1/2 teaspoon red chili powder

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 10 milligrams
4. Fat: 3 grams
5. Fiber: 16 grams
6. Protein: 10 grams
7. SaturatedFat: 2 grams
8. Sodium: 660 milligrams
9. Sugar: 21 grams

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