

Indian Eggplant Curry

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 1 eggplant large, diced in 1 inch cubes
- 1 tablespoon ghee
- 1/2 medium onion chopped
- 2 teaspoons grated ginger
- 4 garlic cloves minced
- 1/2 teaspoon cumin seeds toasted, ground
- 1/2 teaspoon coriander seeds toasted, ground
- 1 1/2 tablespoons garam masala
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon turmeric
- 2 teaspoons salt
- 15 ounces tomatoes
- 15 ounces chickpeas
- 15 ounces coconut milk full fat

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 48 grams
3. Fat: 30 grams
4. Fiber: 13 grams
5. Protein: 11 grams
6. SaturatedFat: 22 grams
7. Sodium: 1520 milligrams
8. Sugar: 10 grams

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