

Baingan Bharta, Indian spiced Eggplant

Yield: 3 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/whole-foods-indian-eggplant-recipe-food-bar>

Ingredients:

- 8 indian eggplant small
- 1 small yellow onion sliced
- 2 cloves garlic
- 1 inch peeled fresh ginger knob of, grated
- 36 cherry tomatoes
- 2 tablespoons vegetable oil
- 1/2 teaspoon sesame oil
- 2 teaspoons coriander crushed
- 1 pinch red chili flakes
- 1 teaspoon cumin each, and turmeric
- 1 tablespoon yellow curry powder
- 1/2 teaspoon onion powder each, garlic powder.
- 1/2 cup coconut milk
- salt
- white pepper
- 2 tablespoons chopped parsley fresh, or cilantro
- naan Some, to serve it with

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 27 grams
3. Fat: 20 grams
4. Fiber: 5 grams
5. Protein: 6 grams
6. SaturatedFat: 9 grams
7. Sodium: 370 milligrams
8. Sugar: 9 grams

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