

# ROASTED EGGPLANT CHUTNEY

Yield: 4 min  
Total Time: 55 min

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

## Ingredients:

- 4 eggplant medium, to give approx. 1 1/2 cups after roasting
- 1 tablespoon canola peanut or any neutral oil
- 2 red chillies kashmiri, use any variety but reduce the amount to one, since they may be spicier
- 1/2 teaspoon black mustard seeds
- 1/2 teaspoon cumin seeds
- 2 teaspoons tamarind pulp I use this brand
- 3 tablespoons fresh cilantro chopped
- salt to taste

## Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 34 grams
3. Fat: 3.5 grams
4. Fiber: 17 grams
5. Protein: 6 grams
6. Sodium: 210 milligrams
7. Sugar: 12 grams

---

Thank you for visiting our website. Hope you enjoy ROASTED EGGPLANT CHUTNEY above. You can see more 15 roasted eggplant recipe indian Ignite your passion for cooking! to get more great cooking ideas.