

Indian Eggplant Fritters

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 1 eggplant small, peeled and diced, this was about 3 cups for me
- 1/2 cup water
- 1 tablespoon fresh lemon juice
- 1 teaspoon chili garlic sauce
- 1 tablespoon fresh mint minced
- 1/2 cup flour
- 1 1/2 teaspoons coriander
- 3/4 teaspoon cumin
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 21 grams
3. Fiber: 5 grams
4. Protein: 3 grams
5. Sodium: 390 milligrams
6. Sugar: 3 grams

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