

# Stewed Eggplant with South African Braai Spice Rub

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-braai-recipe>

## Ingredients:

- 1/4 cup olive oil
- 1 sweet onion small, chopped
- 1 eggplant peeled and cut into 1 inch cubes
- 1 teaspoon fresh oregano
- 1 teaspoon fresh thyme
- 1 tablespoon rub Braai Spice
- 1 teaspoon kosher salt
- 2 teaspoons sweet paprika smoked
- 1 teaspoon cumin
- 1/2 teaspoon coriander
- 1 teaspoon ground black pepper
- 1 teaspoon brown sugar
- 1/2 teaspoon nutmeg
- 1 teaspoon allspice
- 1/2 teaspoon ground cloves
- 1/2 teaspoon garlic powder
- 1 teaspoon chilli powder

## Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 19 grams
3. Fat: 14 grams
4. Fiber: 6 grams
5. Protein: 3 grams
6. SaturatedFat: 2 grams
7. Sodium: 620 milligrams
8. Sugar: 8 grams

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