

Bharwa Baingan (Stuffed Eggplant)

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 1/2 tablespoon turmeric powder
- 1/2 teaspoon cumin powder
- 1/2 tablespoon garam masala powder
- 1 tablespoon coriander powder
- 1 tablespoon amchur / Mango Powder
- salt
- red chili powder
- 8 baby eggplants
- 1/2 teaspoon oil

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 24 grams
3. Fat: 1.5 grams
4. Fiber: 12 grams
5. Protein: 4 grams
6. Sodium: 200 milligrams
7. Sugar: 6 grams

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