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Baingan Bharta - Smoky Eggplant Curry ••

Baingan Bharta is a popular Indian dish made with roasted eggplant, tomatoes, and spices. It has a smoky flavor and is typically served with rice or bread. This recipe is vegetarian and can be made vegan by omitting ghee or using a vegan substitute.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	eggplant
200 g	Tomatoes
100 g	onion
2 cloves	garlic

10 g	Ginger
2 pieces	green chilies
10 g	Cilantro
20 g	ghee
1 tsp	turmeric powder
1 tsp	red chili powder
1 tsp	coriander powder
1 tsp	cumin powder
1 tsp	Salt
2 tsp	Lemon juice

Directions

Step 1

Oven

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Oven

Pierce the eggplant with a fork and place it on a baking sheet. Roast in the oven for 30 minutes, or until the skin is charred and the flesh is soft.

Prep Time: 0 mins

Cook Time: 30 mins

Step 3

Remove the eggplant from the oven and let it cool. Peel off the charred skin and mash the flesh with a fork or potato masher.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Stove

Heat ghee in a pan and add chopped onions, garlic, ginger, and green chilies. Sauté until the onions are translucent.

Prep Time: 5 mins

Cook Time: 5 mins

Step 5

Stove

Add tomatoes, turmeric powder, red chili powder, coriander powder, cumin powder, and salt. Cook until the tomatoes are soft and mushy.

Prep Time: 0 mins

Cook Time: 10 mins

Step 6

Stove

Add the mashed eggplant to the pan and mix well. Cook for another 5 minutes, stirring occasionally.

Prep Time: 0 mins

Cook Time: 5 mins

Step 7

Remove from heat and stir in lemon juice and chopped cilantro. Serve hot with rice or bread.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 5 g

Protein: 3 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	7 g	18.42%	28%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	800 iu	88.89%	114.29%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	40 mg	4%	4%
Iron	1 mg	12.5%	5.56%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Cuisines

Indian

Mediterranean

Middle Eastern

Course

Snacks

Diet

Pescatarian Diet

Anti-Inflammatory Diet

The Fast Metabolism Diet

The Gerson Therapy

The Scarsdale Diet

The French Women Don't Get Fat Diet

The Israeli Army Diet

The GERD Diet (Gastroesophageal Reflux Disease)

The Osteoporosis Diet

The Heart-Healthy Diet

The High-Protein Diet

The Low-Protein Diet

The Low-Potassium Diet

The Low-Vitamin K Diet

The High-Sulfur Diet

Cooking Method

Boiling

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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