DietCloud – Recipe

Recipe Name: Baingan Bharta Recipe - Brinjal Bharta Recipe

Diet Type:

Course: Side Dish

Cuisine: Punjabi

Quantity:



Ingredients

Ingredient	Quantity
• 1 eggplant	4
• 2 inch ginger - peel and tighten	
• 1 onion - finely chopped	
• 1 tomato - chopped	
• 2 green chillies - finely chopped	
• 1 teaspoon turmeric powder	
• 1 teaspoon garam masala powder	
• 1 teaspoon coriander powder	
• 1 tablespoon butter	
• 1 teaspoon red chili powder	
• salt - as per taste	
• 1 tablespoon oil	
• 2 sprigs of coriander - finely chopped (for garnish)	

Preparation

- To start the Brinjal Bharta, first turn on the gas.
- Place the brinjals on the heat and roast them all the way around.
- After 10 minutes you will see that the brinjal skin has started coming out.
- Bake the eggplants and keep them aside till they become soft.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	4	30	15	6	8