

Recipe Name: Dhugare Baingan Recipe - Dhungare Baingan Recipe

Diet Type:

Course: Side Dish

Cuisine: Lucknowi

Quantity:



Ingredients

Ingredient	Quantity
• 1 eggplant	4
• 2 cups yogurt	
• 1 green chilli - chopped	
• 1 tsp cumin powder	
• 1/2 tsp Kashmiri red chilli powder	
• 1/2 tsp garam masala powder	
• 1 onion - thin and straight cut	
• salt - 1 tbsp ghee	
• 2 tbsp coriander - chopped as per taste	

Preparation

- To make Dhugare Brinjal Recipe, first take an eggplant and roast it directly on the gas.
- When the eggplants are not removed from the upper layer, they can continue.
- Once done, turn off the gas and remove the top layer from the eggplant.
- Now mash the brinj.

Macronutrients

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