



Almost-Instant Hummus Ghanoush

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



101 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups chickpeas canned
- 0.5 teaspoon cumin
- 1 large eggplant peeled cut into 4 quarters lengthwise
- 2 cloves garlic
- 3 tablespoons juice of lemon
- 0.3 teaspoon paprika
- 1 teaspoon salt to taste (or)
- 0.5 teaspoon paprika smoked

8 servings sumac powder for garnish

3 tablespoons tahini

Equipment

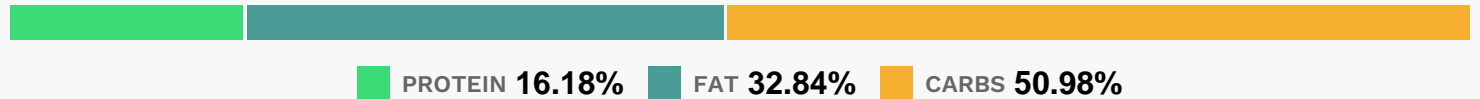
Directions

Add the eggplant, and process until it is almost smooth.

Add the remaining ingredients, and process until smooth. Check the seasonings, and add more as necessary. (If the eggplant seems bitter, a pinch or two of sugar helps.)

Serve sprinkled with sumac.

Nutrition Facts



Properties

Glycemic Index:15.09, Glycemic Load:2.14, Inflammation Score:-4, Nutrition Score:6.8969565163488%

Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 101.39kcal (5.07%), Fat: 3.95g (6.08%), Saturated Fat: 0.53g (3.3%), Carbohydrates: 13.8g (4.6%), Net Carbohydrates: 9.37g (3.41%), Sugar: 3.67g (4.08%), Cholesterol: 0mg (0%), Sodium: 296.47mg (12.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.76%), Manganese: 0.47mg (23.53%), Folate: 72.25µg (18.06%), Fiber: 4.43g (17.72%), Copper: 0.25mg (12.55%), Phosphorus: 112.65mg (11.26%), Vitamin B1: 0.15mg (10.11%), Iron: 1.41mg (7.84%), Potassium: 261.77mg (7.48%), Magnesium: 29.44mg (7.36%), Vitamin B6: 0.12mg (5.79%), Zinc: 0.85mg (5.66%), Vitamin C: 4.32mg (5.23%), Selenium: 3.38µg (4.82%), Vitamin B3: 0.89mg (4.43%), Vitamin K: 3.4µg (3.24%), Calcium: 31.62mg (3.16%), Vitamin B2: 0.05mg (3.04%), Vitamin B5: 0.27mg (2.65%), Vitamin A: 119.58IU (2.39%), Vitamin E: 0.35mg (2.31%)