

Baba Ganoush

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 large eggplant
- 2 cloves garlic to taste (or)
- 4 servings ground cumin
- 0.3 cup juice of lemon to taste (or)
- 1 teaspoon salt to taste (or)
- 1 tablespoon tahini to taste (or)

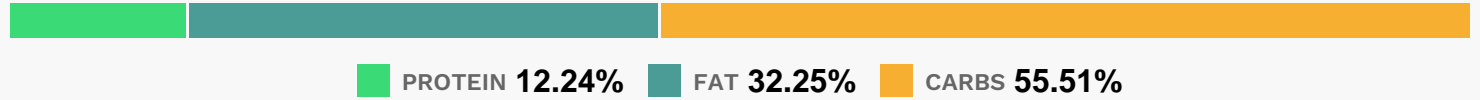
Equipment

- food processor

Directions

- Remove from the heat and let it cool until you can peel it safely. Peel and put it in a food processor.
- Add the salt, garlic, lemon juice, and tahini, and process until it's smooth.
- Serve sprinkled with cumin and surrounded by the vegetables of your choice.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:1.15, Inflammation Score:-3, Nutrition Score:5.6230435526889%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 60.17kcal (3.01%), Fat: 2.46g (3.79%), Saturated Fat: 0.34g (2.13%), Carbohydrates: 9.53g (3.18%), Net Carbohydrates: 5.74g (2.09%), Sugar: 4.46g (4.96%), Cholesterol: 0mg (0%), Sodium: 587.06mg (25.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.2%), Manganese: 0.33mg (16.37%), Fiber: 3.79g (15.17%), Vitamin C: 9.12mg (11.06%), Potassium: 319.14mg (9.12%), Copper: 0.17mg (8.46%), Folate: 32.06µg (8.02%), Vitamin B1: 0.12mg (7.81%), Vitamin B6: 0.13mg (6.59%), Phosphorus: 65.61mg (6.56%), Iron: 1.14mg (6.31%), Magnesium: 24.56mg (6.14%), Vitamin B3: 1.02mg (5.12%), Vitamin K: 4.09µg (3.89%), Vitamin B5: 0.35mg (3.51%), Vitamin B2: 0.05mg (3.18%), Calcium: 28.89mg (2.89%), Zinc: 0.43mg (2.87%), Selenium: 1.92µg (2.74%), Vitamin E: 0.4mg (2.67%)