




# Baba Ganoush and Pita Crisps


 Vegetarian  Vegan  Dairy Free

READY IN




50 min.

SERVINGS



8

CALORIES



121 kcal

## Ingredients

- 1.5 pounds eggplant firm halved lengthwise (2 to 3 small)
- 2 cloves garlic minced
- 1 optional: lemon
- 2 tablespoons olive oil extra virgin extra-virgin
- 0.3 cup pinenuts lightly toasted
- 2 bags wholewheat pita breads (recommended: Stacy's)
- 8 servings pepper black freshly ground
- 3 tablespoons tahini
- 0.3 cup flat parsley generous

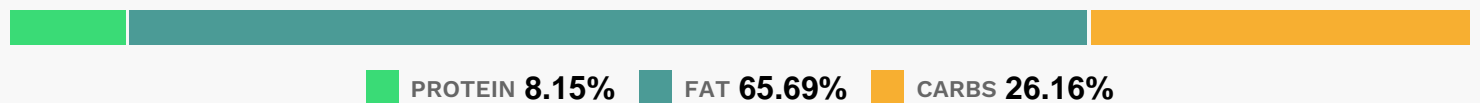
## Equipment

- food processor
- bowl
- baking sheet
- knife
- broiler

## Directions

- Turn broiler on high.
- Brush cut eggplant with olive oil on flesh side, drizzle over skin side. Season the eggplant with salt and pepper.
- Place flesh side down on nonstick baking sheet and leave under broiler 4 to 5-inches from heat until skin is charred and flesh is very tender, 15 to 20 minutes. Cool for 5 minutes.
- Scoop out eggplant flesh into food processor. Paste garlic with some salt mashing it with the side of your knife.
- Add garlic and the juice of 1 lemon to processor.
- Add parsley and tahini to processor and process until smooth. Adjust salt then transfer dip to a bowl and stir in half the pine nuts, garnish with remaining nuts. Surround the dip with pita crisps and serve.

## Nutrition Facts



## Properties

Glycemic Index:30.81, Glycemic Load:1.19, Inflammation Score:-4, Nutrition Score:8.3830434965051%

## Flavonoids

Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.28mg, Luteolin: 0.28mg,

Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## **Nutrients (% of daily need)**

Calories: 120.54kcal (6.03%), Fat: 9.59g (14.75%), Saturated Fat: 1.15g (7.16%), Carbohydrates: 8.59g (2.86%), Net Carbohydrates: 5.13g (1.87%), Sugar: 3.52g (3.91%), Cholesterol: 0mg (0%), Sodium: 6.63mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.35%), Vitamin K: 38.28µg (36.46%), Manganese: 0.6mg (30.11%), Vitamin C: 12.02mg (14.57%), Fiber: 3.46g (13.83%), Copper: 0.23mg (11.35%), Vitamin B1: 0.15mg (9.82%), Phosphorus: 93.9mg (9.39%), Potassium: 279.45mg (7.98%), Vitamin E: 1.19mg (7.92%), Magnesium: 30.28mg (7.57%), Folate: 30.09µg (7.52%), Vitamin B3: 1.1mg (5.52%), Vitamin B6: 0.11mg (5.3%), Iron: 0.92mg (5.11%), Zinc: 0.71mg (4.72%), Vitamin A: 186.09IU (3.72%), Selenium: 2.39µg (3.41%), Vitamin B2: 0.05mg (3.15%), Vitamin B5: 0.29mg (2.92%), Calcium: 24.41mg (2.44%)