

Baba Gha-Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce chickpeas rinsed drained canned (garbanzo beans)
- ☐ 1 large eggplant
- ☐ 2 garlic cloves chopped
- ☐ 1 teaspoon ground coriander
- ☐ 1.5 teaspoons ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.8 teaspoon salt
- ☐ 3 tablespoons tahini (sesame-seed paste)

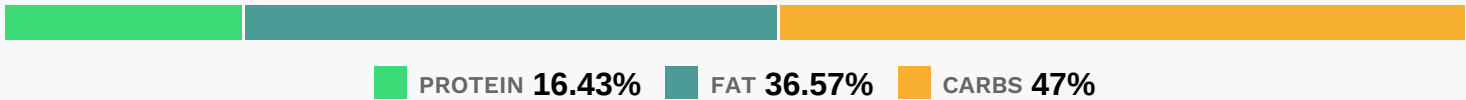
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Pierce eggplant with a fork.
- ☐ Place eggplant on a jelly roll pan.
- ☐ Bake at 375 for 30 minutes or until tender. Cool and peel; discard skin.
- ☐ Combine eggplant, tahini, and remaining ingredients in a food processor; process until smooth.

Nutrition Facts



Properties

Glycemic Index:17.17, Glycemic Load:2.52, Inflammation Score:-3, Nutrition Score:6.6978260071381%

Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 97.76kcal (4.89%), Fat: 4.26g (6.55%), Saturated Fat: 0.56g (3.47%), Carbohydrates: 12.32g (4.11%), Net Carbohydrates: 7.83g (2.85%), Sugar: 2.04g (2.27%), Cholesterol: 0mg (0%), Sodium: 369.75mg (16.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.61%), Manganese: 0.6mg (29.93%), Fiber: 4.49g (17.96%), Vitamin B6: 0.32mg (15.98%), Copper: 0.23mg (11.32%), Phosphorus: 104.83mg (10.48%), Vitamin B1: 0.13mg (8.89%), Folate: 31.49µg (7.87%), Magnesium: 30.15mg (7.54%), Iron: 1.34mg (7.45%), Potassium: 247.02mg (7.06%), Zinc: 0.76mg (5.05%), Selenium: 3.36µg (4.81%), Vitamin B3: 0.79mg (3.94%), Calcium: 38.49mg (3.85%), Vitamin B5: 0.32mg (3.24%), Vitamin B2: 0.04mg (2.29%), Vitamin C: 1.89mg (2.29%), Vitamin K: 2.06µg (1.96%), Vitamin E: 0.19mg (1.29%)