



HEALTH SCORE

Baba Ghanouj – I Adore Food



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



104 kcal

SIDE DISH

Ingredients

- 1 large eggplant
- 0.3 cup tahini as needed plus more
- 3 garlic clove minced
- 0.3 cup juice of lemon fresh as needed plus more
- 1 pinch ground cumin
- 1 serving salt to taste
- 1 Tablespoon olive oil extra virgin
- 1 Tablespoon parsley fresh chopped

0.3 cup brine-packed olives black such as kalamata

Equipment

- bowl
- baking sheet
- oven
- grill

Directions

- Prepare a medium-hot fire in a charcoal grill or a BBQ.
- Preheat an oven to 375°F.
- Prick the eggplant with a fork in several places and place on the grill rack 4 to 5 inches from the fire.
- Grill, turning frequently, until the skin blackens and blisters and the flesh just begins to feel soft, 10 to 15 minutes.
- Transfer the eggplant to a baking sheet and bake until very soft, 15 to 20 minutes.
- Remove from the oven, let cool slightly, and peel off and discard the skin.
- Place the eggplant flesh in a bowl.
- Using a fork, mash the eggplant to a paste.
- Add the 1/4 cup tahini, the garlic, the 1/4 cup lemon juice and the cumin and mix well.
- Season with salt, then taste and add more tahini and/or lemon juice, if needed.
- Transfer the mixture to a serving bowl and spread with the back of a spoon to form a shallow well.
- Drizzle the olive oil over the top and sprinkle with the parsley.
- Place the olives around the sides.

Nutrition Facts

 PROTEIN 9.4% FAT 62.54% CARBS 28.06%

Properties

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 103.68kcal (5.18%), Fat: 7.81g (12.02%), Saturated Fat: 1.1g (6.85%), Carbohydrates: 7.89g (2.63%), Net Carbohydrates: 5.04g (1.83%), Sugar: 2.97g (3.3%), Cholesterol: 0mg (0%), Sodium: 323.89mg (14.08%), Alcohol: 0g (100%), Protein: 2.64g (5.28%), Vitamin K: 15.04µg (14.32%), Vitamin B1: 0.19mg (12.99%), Copper: 0.23mg (11.51%), Fiber: 2.85g (11.38%), Manganese: 0.21mg (10.25%), Phosphorus: 100.9mg (10.09%), Vitamin C: 7.39mg (8.96%), Folate: 29.69µg (7.42%), Potassium: 241.21mg (6.89%), Selenium: 3.89µg (5.56%), Vitamin B3: 1.09mg (5.44%), Magnesium: 21.57mg (5.39%), Vitamin B6: 0.1mg (5.15%), Zinc: 0.61mg (4.1%), Iron: 0.72mg (3.98%), Vitamin E: 0.59mg (3.91%), Vitamin B2: 0.04mg (2.6%), Calcium: 25.41mg (2.54%), Vitamin B5: 0.24mg (2.39%), Vitamin A: 81.37IU (1.63%)