



## 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



Glycemic Index:16.17, Glycemic Load:0.81, Inflammation Score:-3, Nutrition Score:5.9347826035126%

## 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%)