



HEALTH SCORE

96%

Baba Ghanouj on Pita



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



667 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cucumber peeled halved lengthwise seeded sliced thin
- ☐ 4 pounds eggplants peeled cut into 1-inch cubes
- ☐ 2 cloves garlic peeled
- ☐ 0.8 teaspoon ground cumin
- ☐ 0.5 teaspoon fresh-ground pepper black
- ☐ 0.3 cup juice of lemon (from 1 lemon)
- ☐ 3 tablespoons olive oil
- ☐ 8 pitas

- ☐ 1 plum tomatoes halved lengthwise thin
- ☐ 0.8 pound romaine lettuce (5 cups)
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup tahini
- ☐ 0.5 teaspoon red-wine vinegar

Equipment

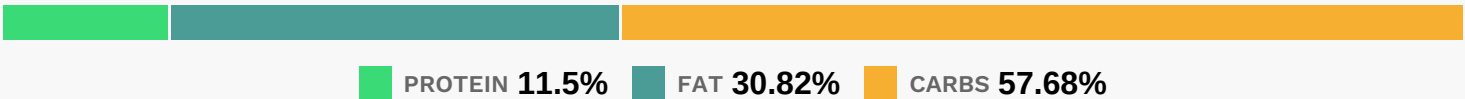
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Heat the oven to 45
- ☐ Put the eggplant cubes on a large baking sheet and toss with 2 tablespoons of the oil and 1/4 teaspoon each of the salt and pepper. Arrange the cubes in a single layer and roast, stirring occasionally, until soft and golden, about 15 minutes. Set aside to cool.
- ☐ Reduce the heat to 35
- ☐ Wrap the pitas in aluminum foil, making two packets of four, and warm in the oven for 10 minutes.
- ☐ Meanwhile, put the roasted eggplant, the lemon juice, tahini, cumin, garlic, and 1/4 teaspoon of the salt in a blender or food processor puree until smooth.
- ☐ In a medium glass or stainless-steel bowl, combine the lettuce, tomato, and cucumber.
- ☐ Add the vinegar and the remaining tablespoon of oil and 1/4 teaspoon each of salt and pepper. Toss to combine.
- ☐ Spread some of the baba ghanouj on each pita and then top with the salad.
- ☐ Wine Recommendation: Food-friendly shiraz is the daily wine of Australia, though many quite serious versions made for aging can be found as well. Steer clear of those blockbusters,

however, to enjoy shiraz's lush blackberry fruit and supple texture with this recipe.

Nutrition Facts



Properties

Glycemic Index:61.75, Glycemic Load:62.54, Inflammation Score:-10, Nutrition Score:39.778261018836%

Flavonoids

Delphinidin: 388.68mg, Delphinidin: 388.68mg, Delphinidin: 388.68mg, Delphinidin: 388.68mg 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: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 666.61kcal (33.33%), Fat: 23.8g (36.62%), Saturated Fat: 3.34g (20.86%), Carbohydrates: 100.25g (33.42%), Net Carbohydrates: 80.56g (29.3%), Sugar: 18.88g (20.97%), Cholesterol: 0mg (0%), Sodium: 1062.85mg (46.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.98g (39.97%), Vitamin A: 7715.75IU (154.32%), Vitamin K: 116.45µg (110.91%), Manganese: 1.87mg (93.4%), Fiber: 19.69g (78.75%), Folate: 277.94µg (69.48%), Vitamin B1: 0.89mg (59.56%), Copper: 0.99mg (49.73%), Potassium: 1645.92mg (47.03%), Phosphorus: 426.32mg (42.63%), Vitamin B3: 6.9mg (34.51%), Magnesium: 137.36mg (34.34%), Vitamin C: 25.15mg (30.48%), Vitamin B6: 0.59mg (29.53%), Iron: 4.9mg (27.24%), Vitamin B2: 0.38mg (22.63%), Calcium: 214.1mg (21.41%), Vitamin E: 3.13mg (20.86%), Vitamin B5: 2.07mg (20.66%), Zinc: 2.99mg (19.92%), Selenium: 8.92µg (12.74%)