



 8%  
HEALTH SCORE

## Baba Ghanoush

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 pounds eggplant
- 2 medium garlic clove coarsely chopped
- 2 teaspoons kosher salt
- 2 tablespoons juice of lemon freshly squeezed
- 1 tablespoon olive oil extra virgin extra-virgin for garnish
- 1 teaspoon flat parsley italian finely chopped for garnish
- 0.3 cup tahini

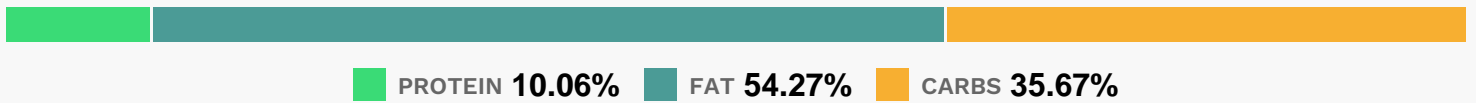
## Equipment

- food processor
- bowl
- baking sheet
- broiler

## Directions

- Heat the broiler to high and arrange a rack in the middle. Split eggplants lengthwise and place cut side up on a baking sheet.
- Drizzle 1 tablespoon of the olive oil evenly over eggplant and broil until well browned, about 15 to 20 minutes. Set aside until cool enough to handle. Scoop out eggplant flesh and place in the bowl of a food processor fitted with a blade attachment.
- Add tahini, garlic, lemon juice, and salt. Process until smooth, about 30 seconds.
- Transfer to a shallow dish, drizzle with extra-virgin olive oil, and sprinkle with parsley.
- Serve at room temperature or chilled with toasted pita wedges or pita chips.

## Nutrition Facts



## Properties

Glycemic Index:15.33, Glycemic Load:1.4, Inflammation Score:-4, Nutrition Score:7.4921739775202%

## Flavonoids

Delphinidin: 129.56mg, Delphinidin: 129.56mg, Delphinidin: 129.56mg, Delphinidin: 129.56mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 120.22kcal (6.01%), Fat: 7.92g (12.19%), Saturated Fat: 1.12g (6.99%), Carbohydrates: 11.72g (3.91%), Net Carbohydrates: 6.68g (2.43%), Sugar: 5.47g (6.08%), Cholesterol: 0mg (0%), Sodium: 781.96mg (34%), Alcohol: 0g (100%), Protein: 3.3g (6.61%), Fiber: 5.04g (20.17%), Manganese: 0.37mg (18.51%), Vitamin B1: 0.22mg (14.75%), Copper: 0.29mg (14.39%), Phosphorus: 117.23mg (11.72%), Potassium: 401.58mg (11.47%), Folate: 44.12µg (11.03%), Vitamin B6: 0.16mg (7.84%), Magnesium: 31.25mg (7.81%), Vitamin B3: 1.56mg (7.79%), Vitamin C: 6.02mg (7.29%), Vitamin K: 6.99µg (6.65%), Selenium: 4.04µg (5.78%), Vitamin E: 0.8mg (5.32%), Zinc: 0.72mg (4.8%), Iron: 0.83mg

(4.62%), Vitamin B5: 0.44mg (4.37%), Vitamin B2: 0.07mg (4.11%), Calcium: 30.34mg (3.03%)