



Baba Ghanoush

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



225 min.

SERVINGS



6

CALORIES



128 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 eggplant
- 2 cloves garlic minced
- 0.3 cup juice of lemon
- 1.5 tablespoons olive oil
- 6 servings salt and pepper to taste
- 2 tablespoons sesame seed
- 0.3 cup tahini

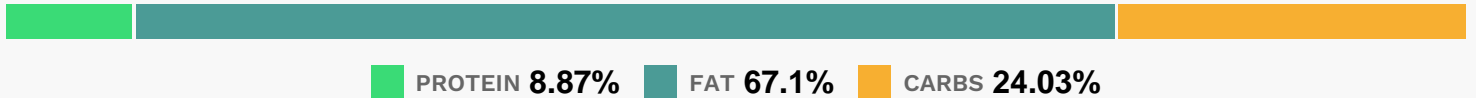
Equipment

- bowl
- baking sheet
- oven
- mixing bowl
- blender

Directions

- Preheat oven to 400 degrees F (200 degrees C). Lightly grease a baking sheet.
- Place eggplant on baking sheet, and make holes in the skin with a fork. Roast it for 30 to 40 minutes, turning occasionally, or until soft.
- Remove from oven, and place into a large bowl of cold water.
- Remove from water, and peel skin off.
- Place eggplant, lemon juice, tahini, sesame seeds, and garlic in an electric blender, and puree. Season with salt and pepper to taste.
- Transfer eggplant mixture to a medium size mixing bowl, and slowly mix in olive oil. Refrigerate for 3 hours before serving.

Nutrition Facts



Properties

Glycemic Index:15.83, Glycemic Load:0.86, Inflammation Score:-3, Nutrition Score:6.4630434927733%

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 Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 128.23kcal (6.41%), Fat: 10.29g (15.83%), Saturated Fat: 1.44g (9.01%), Carbohydrates: 8.3g (2.77%), Net Carbohydrates: 5.17g (1.88%), Sugar: 2.97g (3.3%), Cholesterol: 0mg (0%), Sodium: 199.45mg (8.67%), Alcohol: 0g (100%), Protein: 3.06g (6.12%), Copper: 0.34mg (16.82%), Vitamin B1: 0.21mg (14.29%), Manganese: 0.26mg

(13.06%), Fiber: 3.13g (12.5%), Phosphorus: 116.44mg (11.64%), Folate: 31.24µg (7.81%), Vitamin C: 6.35mg (7.69%), Magnesium: 30.41mg (7.6%), Potassium: 247.74mg (7.08%), Selenium: 4.74µg (6.77%), Vitamin B3: 1.2mg (5.98%), Vitamin B6: 0.12mg (5.86%), Iron: 1.05mg (5.84%), Zinc: 0.81mg (5.39%), Vitamin E: 0.76mg (5.04%), Calcium: 49.54mg (4.95%), Vitamin K: 4.8µg (4.57%), Vitamin B2: 0.05mg (2.91%), Vitamin B5: 0.24mg (2.35%)