



Baba Ghanoush

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



68 min.

SERVINGS



9

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 pounds eggplant
- 1 tablespoon olive oil extra virgin
- 0.3 cup parsley fresh chopped
- 2 garlic clove peeled halved
- 0.1 teaspoon ground cumin
- 0.3 cup juice of lemon fresh
- 2 optional: lemon
- 0.5 teaspoon salt

2 tablespoons tahini (sesame-seed paste)

Equipment

food processor

bowl

baking sheet

oven

aluminum foil

colander

Directions

Preheat oven to 40

Pierce eggplant several times with a fork; place on a foil-lined baking sheet.

Bake at 400 for 1 hour or until tender. Cool slightly.

Cut eggplant in half lengthwise, and place, cut sides down, in a colander; drain 30 minutes. Scrape out eggplant pulp; discard shell.

Place parsley and garlic in a food processor; pulse 6 to 7 times until minced.

Add eggplant pulp, lemon juice, and remaining ingredients; process until smooth. Spoon into a bowl; cover and let stand at room temperature 30 minutes to allow flavors to blend.

Nutrition Facts



PROTEIN 9.87% **FAT 41.14%** **CARBS 48.99%**

Properties

Glycemic Index:13.61, Glycemic Load:1.35, Inflammation Score:-5, Nutrition Score:6.9826086396756%

Flavonoids

Delphinidin: 86.37mg, Delphinidin: 86.37mg, Delphinidin: 86.37mg, Delphinidin: 86.37mg Eriodictyol: 5.46mg, Eriodictyol: 5.46mg, Eriodictyol: 5.46mg, Eriodictyol: 5.46mg Hesperetin: 7.68mg, Hesperetin: 7.68mg, Hesperetin: 7.68mg, Hesperetin: 7.68mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 3.59mg, Apigenin: 3.59mg, Apigenin: 3.59mg, Apigenin: 3.59mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg

0.03mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.36mg,
Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 68.83kcal (3.44%), Fat: 3.61g (5.56%), Saturated Fat: 0.51g (3.2%), Carbohydrates: 9.69g (3.23%), Net
Carbohydrates: 5.74g (2.09%), Sugar: 4.35g (4.83%), Cholesterol: 0mg (0%), Sodium: 134.05mg (5.83%), Alcohol:
0g (100%), Protein: 1.95g (3.9%), Vitamin K: 31.81µg (30.3%), Vitamin C: 20.13mg (24.4%), Fiber: 3.94g (15.78%),
Manganese: 0.26mg (12.85%), Potassium: 298.67mg (8.53%), Folate: 31.99µg (8%), Copper: 0.15mg (7.5%), Vitamin
B1: 0.11mg (7.1%), Vitamin B6: 0.12mg (6.09%), Phosphorus: 57.03mg (5.7%), Magnesium: 20.71mg (5.18%), Vitamin
B3: 0.9mg (4.5%), Vitamin E: 0.59mg (3.91%), Iron: 0.67mg (3.73%), Vitamin B5: 0.35mg (3.48%), Vitamin A: 171.92IU
(3.44%), Vitamin B2: 0.05mg (2.92%), Calcium: 24.28mg (2.43%), Zinc: 0.36mg (2.4%), Selenium: 1.65µg (2.36%)