



Baba Ghanoush



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.8 teaspoon cumin seeds crushed toasted
- ☐ 1.5 pounds eggplant
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 0.5 teaspoon garlic minced
- ☐ 1 teaspoon kosher salt
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2 tablespoons mayonnaise low-fat

- ☐ 0.3 cup pinenuts toasted
- ☐ 2 tablespoons tahini (roasted sesame seed paste)

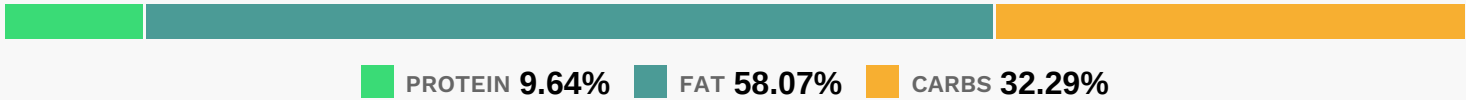
Equipment

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

Directions

- ☐ Preheat oven to 37
- ☐ Pierce eggplant several times with a fork; place on a foil-lined baking sheet coated with cooking spray.
- ☐ Bake at 375 for 45 minutes or until tender.
- ☐ Cut eggplant in half. Scoop out pulp; discard skins.
- ☐ Drain eggplant pulp in a colander for 30 minutes.
- ☐ Place pine nuts, cumin seeds, and garlic in a food processor; pulse until finely chopped.
- ☐ Add eggplant, lemon juice, 2 tablespoons mayonnaise, tahini, 1 teaspoon salt, and black pepper to food processor. Process until smooth. Spoon eggplant mixture into a medium bowl; stir in parsley.
- ☐ Garnish with parsley sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:16.13, Glycemic Load:0.78, Inflammation Score:-4, Nutrition Score:7.0260869886564%

Flavonoids

Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 83.1kcal (4.16%), Fat: 5.87g (9.04%), Saturated Fat: 0.64g (4.02%), Carbohydrates: 7.35g (2.45%), Net Carbohydrates: 4.36g (1.59%), Sugar: 3.44g (3.82%), Cholesterol: 0.56mg (0.19%), Sodium: 323.98mg (14.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.39%), Vitamin K: 31.85µg (30.33%), Manganese: 0.59mg (29.5%), Fiber: 2.99g (11.96%), Copper: 0.19mg (9.6%), Phosphorus: 77.46mg (7.75%), Vitamin C: 6.31mg (7.65%), Vitamin B1: 0.11mg (7.51%), Potassium: 257.34mg (7.35%), Magnesium: 28.06mg (7.02%), Folate: 27.4µg (6.85%), Vitamin E: 0.75mg (5.01%), Vitamin B3: 0.98mg (4.92%), Iron: 0.83mg (4.63%), Vitamin B6: 0.09mg (4.42%), Zinc: 0.62mg (4.1%), Vitamin A: 155.18IU (3.1%), Vitamin B2: 0.05mg (2.87%), Vitamin B5: 0.27mg (2.7%), Selenium: 1.71µg (2.45%), Calcium: 18.78mg (1.88%)