



Baba Ghanoush



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



268 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon cayenne pepper
- ☐ 0.5 cumin
- ☐ 2 pound eggplants
- ☐ 2 tablespoons parsley fresh coarsely chopped
- ☐ 2 garlic cloves mashed
- ☐ 1 juice of lemon
- ☐ 1 teaspoon olive oil
- ☐ 4 servings bell pepper

- ☐ 4 servings salt
- ☐ 0.5 cup tahini

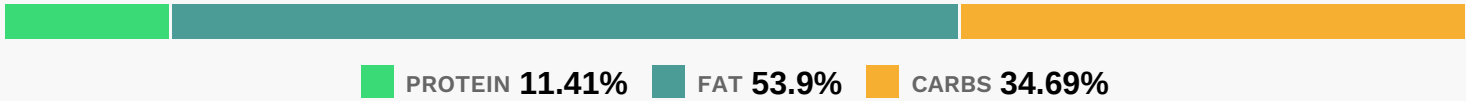
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Set broiler on high. Prick 2 1-lb. eggplants all over with a fork and place on a rimmed baking sheet lined with aluminum foil. Broil until softened and starting to blacken, 15 to 20 minutes, turning once halfway through.
- ☐ When eggplants are cool enough to handle, slice in half lengthwise and scoop innards into bowl of a food processor.
- ☐ Add 1/2 cup tahini, 2 mashed garlic cloves, juice of 1 medium lemon, 1/2 tsp. cumin, salt and pepper. Process until mixture reaches desired consistency.
- ☐ Place in a serving bowl and stir in 2 Tbsp. coarsely chopped fresh parsley.
- ☐ Drizzle with 1 tsp. olive oil, then sprinkle 1/8 tsp. paprika or cayenne pepper on top, if desired.
- ☐ Serve immediately or cover and chill to serve later.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:3.06, Inflammation Score:-10, Nutrition Score:24.920434682266%

Flavonoids

Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin:

4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 267.78kcal (13.39%), Fat: 17.61g (27.1%), Saturated Fat: 2.5g (15.61%), Carbohydrates: 25.51g (8.5%), Net Carbohydrates: 15.58g (5.67%), Sugar: 11.37g (12.63%), Cholesterol: 0mg (0%), Sodium: 213.5mg (9.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.39g (16.78%), Vitamin C: 107.7mg (130.54%), Vitamin A: 2601.52IU (52.03%), Vitamin K: 45.07µg (42.93%), Vitamin B1: 0.61mg (40.88%), Fiber: 9.93g (39.71%), Copper: 0.69mg (34.48%), Manganese: 0.64mg (32.24%), Phosphorus: 315.66mg (31.57%), Folate: 118.23µg (29.56%), Potassium: 842.62mg (24.07%), Vitamin B6: 0.48mg (23.91%), Vitamin B3: 3.95mg (19.74%), Magnesium: 71.57mg (17.89%), Selenium: 11.31µg (16.16%), Vitamin E: 2.05mg (13.68%), Iron: 2.42mg (13.44%), Zinc: 1.99mg (13.24%), Vitamin B2: 0.19mg (11.12%), Vitamin B5: 0.9mg (9%), Calcium: 75.24mg (7.52%)