



Baba Ghanoush



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon cumin
- ☐ 2 pounds eggplants
- ☐ 2 cloves garlic minced
- ☐ 0.3 cup juice of lemon (- 1 lemon)
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon parsley chopped
- ☐ 8 servings salt to taste
- ☐ 0.1 teaspoon paprika smoked

☐ 0.3 cup tahini

Equipment

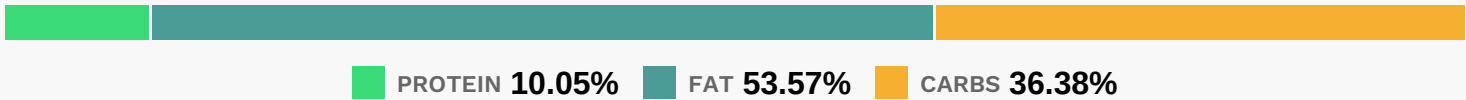
☐ baking sheet

☐ oven

Directions

- ☐ Prick the eggplants a few times with a fork, place on a baking sheet and bake in a preheated 400F oven until really tender, about 30–40 minutes.
- ☐ Cut the eggplants open, scoop out the flesh and puree in a food processor along with the tahini, lemon juice, garlic, cumin and salt.
- ☐ Serve garnished with olive oil, chopped parsley and paprika.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:1.06, Inflammation Score:-4, Nutrition Score:6.2308696871218%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 91.52kcal (4.58%), Fat: 5.97g (9.19%), Saturated Fat: 0.84g (5.27%), Carbohydrates: 9.13g (3.04%), Net Carbohydrates: 5.3g (1.93%), Sugar: 4.21g (4.68%), Cholesterol: 0mg (0%), Sodium: 199.33mg (8.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.04%), Fiber: 3.83g (15.31%), Manganese: 0.28mg (14.02%), Vitamin K: 13.26µg (12.63%), Vitamin B1: 0.17mg (11.18%), Copper: 0.22mg (10.89%), Phosphorus: 88.92mg (8.89%), Potassium: 309.63mg (8.85%), Folate: 34.63µg (8.66%), Vitamin C: 6.66mg (8.08%), Magnesium: 24.19mg (6.05%), Vitamin B6: 0.12mg (6.04%), Vitamin B3: 1.18mg (5.92%), Selenium: 3.04µg (4.34%), Vitamin E: 0.62mg (4.13%), Iron:

0.7mg (3.9%), Zinc: 0.55mg (3.67%), Vitamin B5: 0.34mg (3.36%), Vitamin B2: 0.05mg (3.18%), Calcium: 24.08mg (2.41%), Vitamin A: 89.94IU (1.8%)