



 **36%**
HEALTH SCORE

Baba Ghanoush, Baby!

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



139 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 eggplant whole
- 3 Tablespoons olive oil extra virgin good (Quality)
- 0.3 cup parsley fresh minced
- 4 cloves garlic finely minced
- 0.3 cup juice of lemon
- 4 Tablespoons tahini

Equipment

- bowl

- grill
- broiler

Directions

- IMPORTANT:** Prick the surface of each eggplant several times with the tines of a fork. On the grill or under the broiler (set to high) blacken/char the eggplant for 25 minutes or so. You want the skin to be completely shriveled and dark, and the eggplant almost fall-apart tender. Just when you think it's shriveled, let it go another five minutes. Set them aside to cool slightly. When cool, peel off skin enough to get a spoon into each eggplant and scrape out the flesh into a bowl. Try to get as much as you can, even the stuff that's stuck to the inside of the skin. (This process is a total mess, so don't worry.) Mash eggplant with a fork. A few large chunks are fine, but try to get it to a relatively smooth texture without being totally pureed.
- Add in all other ingredients, stirring and tasting before adjusting seasonings or other ingredients. Don't undersalt!
- Serve with pita triangles, baguette slices, chips, crusty French bread...or with a spoon.

Nutrition Facts

■ **PROTEIN 8.46%** ■ **FAT 57.28%** ■ **CARBS 34.26%**

Properties

Glycemic Index: 11.5, Glycemic Load: 1.65, Inflammation Score: -6, Nutrition Score: 10.16695659057%

Flavonoids

Delphinidin: 147.17mg, Delphinidin: 147.17mg, Delphinidin: 147.17mg, Delphinidin: 147.17mg 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: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 138.56kcal (6.93%), Fat: 9.58g (14.74%), Saturated Fat: 1.35g (8.42%), Carbohydrates: 12.89g (4.3%), Net Carbohydrates: 7.25g (2.64%), Sugar: 6.29g (6.99%), Cholesterol: 0mg (0%), Sodium: 7.9mg (0.34%), Alcohol: 0g (100%), Protein: 3.18g (6.37%), Vitamin K: 50.2µg (47.81%), Fiber: 5.64g (22.57%), Manganese: 0.43mg (21.42%), Copper: 0.27mg (13.46%), Vitamin C: 10.84mg (13.14%), Potassium: 455.5mg (13.01%), Vitamin B1: 0.19mg (12.88%),

Folate: 50.51µg (12.63%), Phosphorus: 104.82mg (10.48%), Vitamin B6: 0.18mg (8.99%), Vitamin E: 1.3mg (8.68%), Magnesium: 33.25mg (8.31%), Vitamin B3: 1.59mg (7.94%), Iron: 0.94mg (5.24%), Vitamin B5: 0.51mg (5.12%), Vitamin A: 255.72IU (5.11%), Selenium: 3.32µg (4.74%), Vitamin B2: 0.08mg (4.58%), Zinc: 0.67mg (4.46%), Calcium: 32.71mg (3.27%)