



## Baba Ghanoush With Pita Chips

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 eggplant cut in half lengthwise (1 pound)
- 2 tablespoons juice of lemon
- 1 tablespoon olive oil
- 0.3 teaspoon pepper
- 3 6-inch pitas cut into 8 wedges ( )
- 0.8 teaspoon salt
- 2 tablespoons tahini (sesame seed paste)

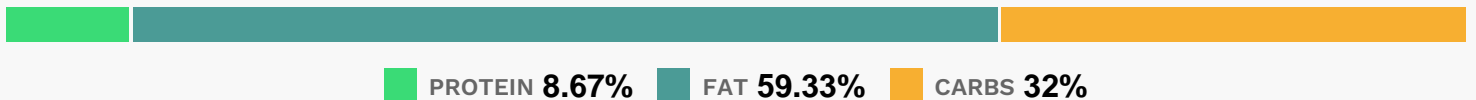
### Equipment

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

## Directions

- Preheat oven to 400
- Place pita wedges in a single layer on a baking sheet.
- Bake at 400 for 9 minutes or until crisp and browned.
- Pierce skin side of eggplant several times with a fork.
- Place cut side down on a baking sheet covered with aluminum foil.
- Bake at 400 for 25 minutes or until eggplant is tender when pierced with a fork.
- Remove eggplant from baking sheet, and cool.
- Scoop out pulp with a spoon, and place pulp in a food processor.
- Add tahini and remaining ingredients; process until smooth, scraping down sides of bowl once.

## Nutrition Facts



## Properties

Glycemic Index:26.5, Glycemic Load:0.93, Inflammation Score:-2, Nutrition Score:3.9169565154159%

## Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 71.99kcal (3.6%), Fat: 5.14g (7.91%), Saturated Fat: 0.72g (4.52%), Carbohydrates: 6.24g (2.08%), Net Carbohydrates: 3.67g (1.33%), Sugar: 2.82g (3.13%), Cholesterol: 0mg (0%), Sodium: 296.76mg (12.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.38%), Fiber: 2.57g (10.29%), Manganese: 0.19mg (9.57%), Vitamin B1: 0.11mg (7.46%), Copper: 0.15mg (7.27%), Phosphorus: 58.84mg (5.88%), Potassium: 204.69mg (5.85%), Folate: 22.83µg (5.71%), Vitamin C: 3.82mg (4.64%), Vitamin K: 4.21µg (4.01%), Magnesium: 16.02mg (4%), Vitamin B3: 0.79mg (3.97%), Vitamin E: 0.57mg (3.82%), Vitamin B6: 0.07mg (3.72%), Selenium: 1.96µg (2.8%), Zinc: 0.36mg (2.41%), Iron: 0.43mg (2.4%), Vitamin B5: 0.22mg (2.24%), Vitamin B2: 0.04mg (2.1%), Calcium: 15.22mg (1.52%)