



Baba Ghanoush with Warm Pita



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



306 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 baby eggplants italian (1 pound total)
- ☐ 1 Handful cilantro leaves roughly chopped
- ☐ 2 garlic cloves
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 juice of lemon juiced
- ☐ 6 servings kosher salt
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 0.5 cup olive oil extra-virgin

- ☐ 0.5 cup olive oil extra-virgin plus more for drizzling
- ☐ 8 large pita rounds cut into strips
- ☐ 1 tablespoon tahini paste
- ☐ 2 tablespoons za'atar spice dry

Equipment

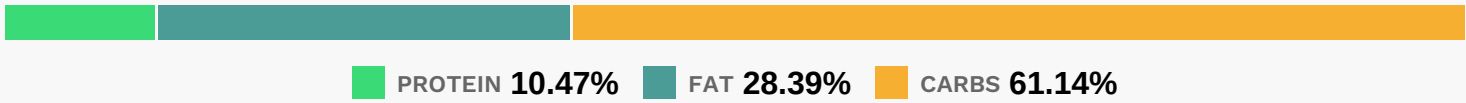
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ grill
- ☐ grill pan

Directions

- ☐ Split the eggplants in half through the stem and score sides.
- ☐ Drizzle with olive oil and season with salt. Grill eggplants on a very hot grill pan until skins are wrinkled and black and flesh side is nicely charred.
- ☐ When the eggplants are cool enough to handle, cut off tops.
- ☐ In a food processor, combine eggplant, garlic, tahini, lemon juice, cumin, and cilantro and puree until smooth. Season with salt and pepper.
- ☐ Pour in the olive oil and pulse again to incorporate. Taste and adjust seasoning, as needed.
- ☐ Pour into a serving bowl and garnish with a drizzle of olive oil and some roughly chopped cilantro.
- ☐ Serve with pita strips for dipping.
- ☐ To make pita strips.
- ☐ Preheat oven to 375 degrees F.
- ☐ Put the pita wedges in a large mixing bowl.
- ☐ Combine za'atar spice mix and extra-virgin olive oil and drizzle over wedges. Season with salt and toss to coat evenly.

- ☐
- Lay out pita wedges on a roasting tray and bake in the hot oven for 10 to 15 minutes until warmed through. If you prefer a crispier pita bake for a further 5 to 7 minutes.
- ☐
- Serve warm with baba ghanoush.

Nutrition Facts



Properties

Glycemic Index:40.06, Glycemic Load:41.65, Inflammation Score:-2, Nutrition Score:8.2230434365894%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 305.74kcal (15.29%), Fat: 9.64g (14.83%), Saturated Fat: 1.35g (8.47%), Carbohydrates: 46.71g (15.57%), Net Carbohydrates: 44.21g (16.08%), Sugar: 0.14g (0.16%), Cholesterol: 0mg (0%), Sodium: 625.18mg (27.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8g (16%), Vitamin K: 29.62µg (28.21%), Manganese: 0.53mg (26.55%), Vitamin B1: 0.27mg (17.74%), Iron: 3.08mg (17.12%), Phosphorus: 103.79mg (10.38%), Calcium: 102.29mg (10.23%), Fiber: 2.5g (10%), Vitamin B3: 1.96mg (9.8%), Copper: 0.2mg (9.76%), Vitamin E: 1.17mg (7.77%), Magnesium: 27.69mg (6.92%), Folate: 26.71µg (6.68%), Zinc: 0.9mg (6.03%), Vitamin B2: 0.09mg (5.3%), Potassium: 134.43mg (3.84%), Vitamin B5: 0.33mg (3.33%), Vitamin C: 2.51mg (3.04%), Vitamin B6: 0.05mg (2.75%), Vitamin A: 105.33IU (2.11%), Selenium: 1.1µg (1.57%)