



Baba Gonoush (Egyptian Dish)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



243 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly-ground
- 3 large size eggplant
- 4 cloves garlic minced
- 3 tablespoons juice of lemon
- 0.3 cup olive oil extra virgin extra-virgin
- 5 servings parsley fresh chopped for garnish
- 5 servings salt to taste
- 0.3 cup tahini

Equipment

grill

Directions

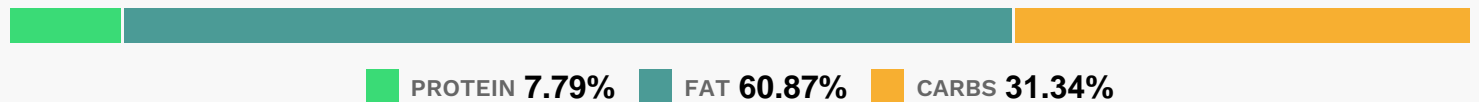
Pierce Brinjal with the help of fork, Then grill over a flame till tender. Check tenderness by inserting fork in skin. It takes around 20–30 minutes.

Cut grilled Brinjal in two parts and scoop out flesh/pulp.

Add Tahini, Lemon juice, Olive oil, Garlic , salt and pepper and process in an electrical processor.Baba Gonoush is ready.

Garnish with Olive oil and Fresh Parsley/Coriander leave and serve with Pita breadd/khubz.

Nutrition Facts



Properties

Glycemic Index:24.8, Glycemic Load:2.66, Inflammation Score:-7, Nutrition Score:16.44652173913%

Flavonoids

Delphinidin: 235.48mg, Delphinidin: 235.48mg, Delphinidin: 235.48mg, Delphinidin: 235.48mg Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 242.71kcal (12.14%), Fat: 17.73g (27.27%), Saturated Fat: 2.49g (15.55%), Carbohydrates: 20.53g (6.84%), Net Carbohydrates: 11.47g (4.17%), Sugar: 9.99g (11.1%), Cholesterol: 0mg (0%), Sodium: 206.48mg (8.98%), Protein: 5.1g (10.21%), Vitamin K: 82.09µg (78.18%), Fiber: 9.07g (36.27%), Manganese: 0.71mg (35.56%), Copper: 0.43mg (21.66%), Potassium: 728.23mg (20.81%), Vitamin B1: 0.31mg (20.57%), Folate: 80.2µg (20.05%), Vitamin C: 16.1mg (19.52%), Phosphorus: 167.78mg (16.78%), Vitamin E: 2.43mg (16.18%), Vitamin B6: 0.29mg (14.35%), Magnesium: 53.36mg (13.34%), Vitamin B3: 2.54mg (12.7%), Iron: 1.54mg (8.56%), Vitamin A: 410.05IU (8.2%), Vitamin B5: 0.82mg (8.17%), Selenium: 5.32µg (7.59%), Vitamin B2: 0.12mg (7.31%), Zinc: 1.07mg (7.15%), Calcium: 53.17mg (5.32%)