



Babaghanouj

READY IN



29 min.

SERVINGS



15

CALORIES



322 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 medium eggplant cut in half lengthwise (1 lb.)
- ☐ 2 large garlic cloves chopped
- ☐ 0.1 teaspoon ground pepper red
- ☐ 15 servings kalamata olives pitted halved
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 15 servings olive oil extra-virgin
- ☐ 15 servings pita chips
- ☐ 0.5 teaspoon salt

- ☐ 15 servings paprika smoked
- ☐ 1 tablespoon cup heavy whipping cream sour
- ☐ 2 tablespoons tahini

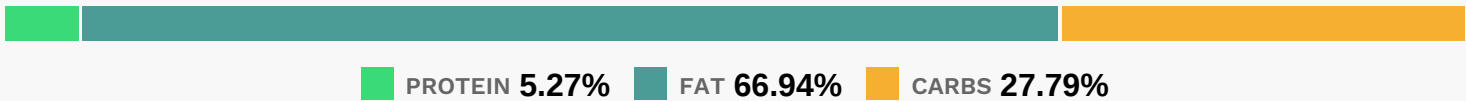
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sieve
- ☐ grill

Directions

- ☐ Spray cut sides of eggplant with cooking spray. Grill eggplant, skin side down, covered with grill lid, over medium-high heat (350 to 400
- ☐ degrees Fahrenheit) for 10 minutes. Turn eggplant halves over, and grill 4 minutes or until flesh is nicely browned and tender.
- ☐ Remove from grill, and let stand 20 minutes or until cool to the touch.
- ☐ Scoop pulp from eggplant halves into a large wire-mesh strainer; let drain 20 minutes.
- ☐ Combine drained pulp, 2 Tbsp. olive oil, and next 6 ingredients in a food processor. Process until smooth.
- ☐ Transfer to a bowl; cover and refrigerate up to 1 week.
- ☐ To serve, transfer dip to a serving bowl; drizzle with a small amount of olive oil, and sprinkle with smoked paprika and olives.
- ☐ Serve with pita chips.

Nutrition Facts



Properties

Glycemic Index:7.13, Glycemic Load:0.33, Inflammation Score:-6, Nutrition Score:8.3873912781963%

Flavonoids

Delphinidin: 26.16mg, Delphinidin: 26.16mg, Delphinidin: 26.16mg, Delphinidin: 26.16mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 322.19kcal (16.11%), Fat: 24.59g (37.83%), Saturated Fat: 3.23g (20.21%), Carbohydrates: 22.97g (7.66%), Net Carbohydrates: 19.87g (7.23%), Sugar: 2.71g (3.01%), Cholesterol: 0.47mg (0.16%), Sodium: 631.28mg (27.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.35g (8.71%), Vitamin E: 5.38mg (35.87%), Selenium: 10.38µg (14.83%), Vitamin B1: 0.21mg (13.97%), Manganese: 0.28mg (13.9%), Fiber: 3.1g (12.41%), Vitamin B3: 2.44mg (12.18%), Folate: 48.04µg (12.01%), Vitamin A: 591.58IU (11.83%), Vitamin K: 12.07µg (11.5%), Iron: 1.85mg (10.29%), Vitamin B2: 0.12mg (6.8%), Copper: 0.13mg (6.47%), Phosphorus: 63.22mg (6.32%), Magnesium: 20.84mg (5.21%), Vitamin B6: 0.09mg (4.67%), Potassium: 151.6mg (4.33%), Zinc: 0.47mg (3.13%), Vitamin B5: 0.26mg (2.63%), Calcium: 24.9mg (2.49%), Vitamin C: 1.68mg (2.04%)