



Badenjan Dip



Vegetarian



Gluten Free

READY IN



125 min.

SERVINGS



10

CALORIES



194 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 3 fat cloves garlic minced grated
- ☐ 1 cup greek yogurt
- ☐ 2 tablespoons olive oil extra-virgin not
- ☐ 10 servings dribble olive oil extra-virgin
- ☐ 1 large onion diced finely
- ☐ 1 pounds eggplants to make
- ☐ 2 tablespoons pinenuts toasted

- ☐ 0.3 teaspoon saffron threads
- ☐ 10 servings salt and pepper black freshly ground

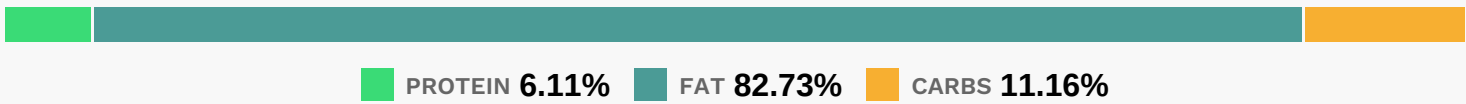
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ sieve

Directions

- ☐ Preheat the oven to 450 degrees F.
- ☐ Prick the eggplants with a fork and put them on a baking sheet and cook for 45 minutes to 1 hour, until soft to the touch. Allow to cool before peeling and mashing them, then leave the pulp in a sieve to drain.
- ☐ Heat the 2 tablespoons of oil in a pan and add the onion and garlic. Cook until golden and then add the drained eggplant mush, cooking it with the onion and garlic for about 5 minutes over a gentle heat, stirring frequently. Take off the heat and turn into a bowl to cool and season with salt and pepper.
- ☐ Add the yogurt to the cooled eggplant mixture together with the saffron in the now golden water, stirring together well. Turn into a bowl and sprinkle over the mint, toasted pine nuts, and a dribble of oil.

Nutrition Facts



Properties

Glycemic Index:18.9, Glycemic Load:0.8, Inflammation Score:-3, Nutrition Score:4.8947825379994%

Flavonoids

Delphinidin: 38.87mg, Delphinidin: 38.87mg, Delphinidin: 38.87mg, Delphinidin: 38.87mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg

0.1mg, Hesperetin: 0.1mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 193.81kcal (9.69%), Fat: 18.36g (28.24%), Saturated Fat: 2.46g (15.4%), Carbohydrates: 5.57g (1.86%), Net Carbohydrates: 3.76g (1.37%), Sugar: 2.97g (3.3%), Cholesterol: 1mg (0.33%), Sodium: 9.57mg (0.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.1%), Vitamin E: 2.75mg (18.32%), Manganese: 0.34mg (17.13%), Vitamin K: 13.02µg (12.4%), Fiber: 1.81g (7.26%), Phosphorus: 56.21mg (5.62%), Potassium: 176.75mg (5.05%), Vitamin B2: 0.09mg (5.02%), Vitamin B6: 0.08mg (4.18%), Magnesium: 16.27mg (4.07%), Folate: 16.1µg (4.02%), Copper: 0.08mg (3.99%), Calcium: 34.73mg (3.47%), Selenium: 2.34µg (3.34%), Vitamin C: 2.72mg (3.3%), Vitamin B1: 0.04mg (2.6%), Iron: 0.43mg (2.39%), Zinc: 0.36mg (2.37%), Vitamin B3: 0.47mg (2.33%), Vitamin B12: 0.14µg (2.33%), Vitamin B5: 0.23mg (2.29%), Vitamin A: 55.23IU (1.1%)