



## Baked Eggplant Dip

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 3 pounds eggplants
- 1 tablespoon parsley fresh chopped
- 3 cloves garlic minced
- 0.3 teaspoon ground cumin
- 0.3 cup juice of lemon fresh
- 1 tablespoon onion grated
- 6 6-inch pitas cut into 6 wedges ()
- 0.8 teaspoon salt

0.3 cup tahini (sesame-seed paste)

## Equipment

food processor

bowl

frying pan

baking sheet

oven

colander

## Directions

Preheat oven to 45

Pierce eggplants several times with a fork; place on a jelly-roll pan.

Bake at 450 for 1 hour or until tender.

Remove from baking sheet. Cool slightly; peel.

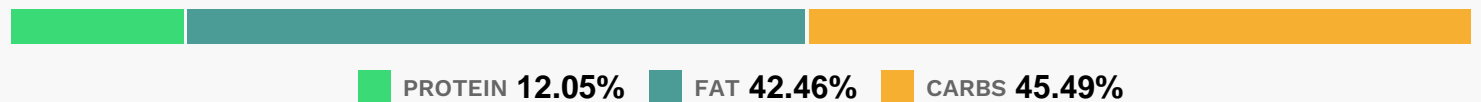
Drain pulp in a colander 30 minutes.

Place drained pulp, tahini, and next 5 ingredients (through cumin) in a food processor; process until smooth.

Place dip in a serving bowl; sprinkle with parsley.

Serve with pita wedges.

## Nutrition Facts



## Properties

Glycemic Index:18.42, Glycemic Load:1.33, Inflammation Score:-3, Nutrition Score:5.7069565316905%

## Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

## **Nutrients (% of daily need)**

Calories: 72.04kcal (3.6%), Fat: 3.77g (5.8%), Saturated Fat: 0.54g (3.36%), Carbohydrates: 9.1g (3.03%), Net Carbohydrates: 5.31g (1.93%), Sugar: 4.18g (4.64%), Cholesterol: 0mg (0%), Sodium: 153.09mg (6.66%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.41g (4.82%), Fiber: 3.79g (15.15%), Manganese: 0.28mg (14.1%), Vitamin B1: 0.16mg (10.35%), Copper: 0.2mg (10.22%), Vitamin K: 9.45µg (9%), Potassium: 302.96mg (8.66%), Folate: 33.31µg (8.33%), Phosphorus: 82.56mg (8.26%), Vitamin C: 5.48mg (6.65%), Vitamin B6: 0.12mg (5.93%), Magnesium: 23.24mg (5.81%), Vitamin B3: 1.14mg (5.7%), Selenium: 2.75µg (3.93%), Iron: 0.63mg (3.5%), Zinc: 0.51mg (3.41%), Vitamin B5: 0.33mg (3.34%), Vitamin B2: 0.05mg (3.1%), Vitamin E: 0.35mg (2.35%), Calcium: 22.83mg (2.28%), Vitamin A: 59.55IU (1.19%)