



Classic Baba Ghanoush

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



12

CALORIES



191 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pinch ground pepper
- 0.5 tsp cumin
- 2 medium eggplant (3 lbs. total)
- 12 servings olive oil extra virgin
- 2 tbsp parsley fresh minced (for garnish)
- 3 roasted garlic raw crushed (or 1 clove garlic,)
- 2 juice of lemon fresh juiced to taste ()
- 12 servings paprika (for garnish)

- 0.5 tsp salt to taste
- 0.3 cup tahini light (from seeds, not "dark tahini")

Equipment

Directions

- Save Recipe
- Print Recipe
- Classic Baba Ghanoush
- Ingredients 2 medium eggplants (about 3 lbs. total), roasted 1/3 cup tahini (from light seeds, not "dark tahini") 3 roasted garlic cloves (or 1 clove raw garlic, crushed) 2 fresh lemons, juiced (or more to taste) 1/2 tsp cumin 1/2 tsp salt, or more to taste
- Pinch of cayenne pepper 2 tbsp minced fresh parsley (for garnish) Paprika (for garnish) Extra virgin olive oil
- Prep Time: 30 Minutes
- Cook Time: 5 Minutes
- Servings: About 12 appetizer servings
- Kosher Key: Pareve

Nutrition Facts

PROTEIN 4.55% **FAT 80.22%** **CARBS 15.23%**

Properties

Glycemic Index:12, Glycemic Load:0.79, Inflammation Score:-7, Nutrition Score:7.5773912616398%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 1.38mg, Apigenin: 1.38mg, Apigenin: 1.38mg, Apigenin: 1.38mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 190.73kcal (9.54%), Fat: 17.97g (27.65%), Saturated Fat: 2.5g (15.63%), Carbohydrates: 7.68g (2.56%), Net Carbohydrates: 4.31g (1.57%), Sugar: 3.04g (3.38%), Cholesterol: 0mg (0%), Sodium: 103.07mg (4.48%), Alcohol: 0g (0%), Protein: 2.29g (4.58%), Vitamin K: 23.12µg (22.02%), Vitamin A: 1065.35IU (21.31%), Vitamin E: 2.85mg (18.97%), Fiber: 3.36g (13.46%), Manganese: 0.23mg (11.31%), Vitamin B1: 0.15mg (9.74%), Copper: 0.19mg (9.41%), Phosphorus: 79.62mg (7.96%), Potassium: 264.49mg (7.56%), Folate: 26.31µg (6.58%), Vitamin B6: 0.13mg (6.48%), Vitamin C: 5mg (6.06%), Iron: 1.08mg (6.02%), Vitamin B3: 1.1mg (5.48%), Magnesium: 21.7mg (5.43%), Selenium: 2.77µg (3.95%), Vitamin B2: 0.06mg (3.73%), Zinc: 0.54mg (3.59%), Vitamin B5: 0.28mg (2.78%), Calcium: 24.37mg (2.44%)