



EGGPLANT AND PLANTAIN DIP WITH CUMIN PITA CHIPS (BORONIA)

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



261 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 tablespoon cumin powder
- ☐ 2 large eggplants diced peeled
- ☐ 1 garlic clove
- ☐ 10 servings ground pepper fresh
- ☐ 3 tablespoons mozzarella cheese grated
- ☐ 10 servings olive oil
- ☐ 1 tablespoon onions chopped

- ☐ 3 pita breads
- ☐ 2 large plantains diced peeled ripe
- ☐ 10 servings salt
- ☐ 1 cup tomatoes chopped
- ☐ 0.5 tablespoon vegetable oil

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350° F
- ☐ Place the eggplant and plantain in a baking dish and drizzle with olive oil.
- ☐ Bake for 25 minutes. Meanwhile, in a medium skillet, heat the vegetable oil over medium heat.
- ☐ Add the tomato, onion, garlic, salt and pepper and cook stirring occasionally for 10 minutes. Set aside.
- ☐ Place the eggplant and plantains in a food processor until they are combined, being careful not to over-process. The two ingredients only need to be blended together, not completely pureed.
- ☐ Transfer eggplant and plantain mixture to a bowl.
- ☐ Add the guiso or tomato mixture and mozzarella cheese and mix well. Spoon to a serving bowl. For the pita chips: cut the pita bread into wedges. Arrange the wedges on a baking sheet and brush them with olive oil. Stir together the salt, pepper and cumin powder and sprinkle them.
- ☐ Bake the pita wedges until crisp about 10 minutes and serve with the boronia.

Nutrition Facts



 **PROTEIN 6.04%**  **FAT 53.88%**  **CARBS 40.08%**

Properties

Glycemic Index:28.6, Glycemic Load:9.75, Inflammation Score:-6, Nutrition Score:8.5530434739978%

Flavonoids

Delphinidin: 78.49mg, Delphinidin: 78.49mg, Delphinidin: 78.49mg, Delphinidin: 78.49mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 260.76kcal (13.04%), Fat: 16.27g (25.02%), Saturated Fat: 2.69g (16.81%), Carbohydrates: 27.23g (9.08%), Net Carbohydrates: 23.24g (8.45%), Sugar: 9.99g (11.1%), Cholesterol: 3.5mg (1.17%), Sodium: 316.56mg (13.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.1g (8.2%), Vitamin K: 24.66µg (23.49%), Manganese: 0.39mg (19.64%), Vitamin E: 2.45mg (16.31%), Fiber: 3.99g (15.94%), Vitamin C: 10.83mg (13.13%), Potassium: 452.49mg (12.93%), Vitamin A: 584.12IU (11.68%), Vitamin B6: 0.19mg (9.47%), Folate: 34.85µg (8.71%), Magnesium: 34.06mg (8.51%), Vitamin B1: 0.11mg (7.51%), Copper: 0.14mg (7.18%), Phosphorus: 71.42mg (7.14%), Vitamin B3: 1.31mg (6.53%), Vitamin B2: 0.09mg (5.56%), Iron: 1mg (5.55%), Calcium: 51.93mg (5.19%), Vitamin B5: 0.46mg (4.55%), Zinc: 0.53mg (3.55%), Selenium: 1.63µg (2.34%), Vitamin B12: 0.1µg (1.69%)