



## Eggplant and Tahini Spread

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



439 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon ground cumin
- 1.5 teaspoons salt
- 2 garlic clove with 1/2 teaspoon salt mashed chopped
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 tablespoon parsley fresh chopped
- 2 large eggplant ()
- 3 tablespoons juice of lemon fresh
- 3 servings wholewheat pita breads toasted

0.3 cup tahini (Middle Eastern sesame paste)

## Equipment

bowl

blender

baking pan

grill

## Directions

Prepare grill for cooking.

Grill eggplants on a rack set 4 inches over glowing coals, turning every 10 minutes, until charred all over and very soft,

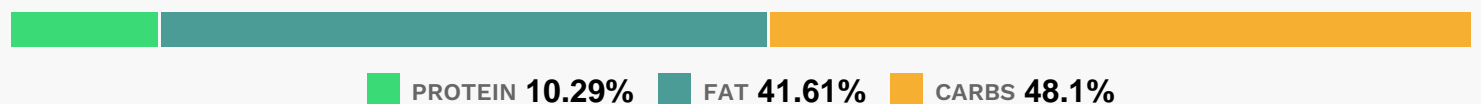
to 35 minutes. (Or broil in a shallow baking pan about 6 inches from heat, turning occasionally.) Cool eggplants.

Discard charred skins and tough

stem ends and purée eggplants in a blender with tahini, garlic paste, lemon juice, cumin, and salt until combined well. Season with more salt if necessary.

Transfer to a plate or bowl, then drizzle with oil and sprinkle with parsley.

## Nutrition Facts



## Properties

Glycemic Index:64.67, Glycemic Load:31.9, Inflammation Score:-7, Nutrition Score:20.011304502902%

## Flavonoids

Delphinidin: 261.64mg, Delphinidin: 261.64mg, Delphinidin: 261.64mg, Delphinidin: 261.64mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

## Nutrients (% of daily need)

Calories: 439.25kcal (21.96%), Fat: 21.29g (32.75%), Saturated Fat: 2.98g (18.65%), Carbohydrates: 55.37g (18.46%), Net Carbohydrates: 43.88g (15.96%), Sugar: 11.2g (12.44%), Cholesterol: 0mg (0%), Sodium: 1477.99mg (64.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.85g (23.69%), Manganese: 1.03mg (51.46%), Fiber: 11.5g (45.99%), Vitamin B1: 0.6mg (39.83%), Vitamin K: 38.22µg (36.4%), Copper: 0.68mg (33.88%), Phosphorus: 292.3mg (29.23%), Folate: 105.33µg (26.33%), Potassium: 895.36mg (25.58%), Vitamin B3: 4.37mg (21.85%), Magnesium: 79.62mg (19.91%), Vitamin C: 15.79mg (19.13%), Vitamin B6: 0.34mg (16.99%), Iron: 2.78mg (15.46%), Vitamin E: 2.31mg (15.37%), Zinc: 1.95mg (12.98%), Vitamin B2: 0.2mg (11.66%), Selenium: 8.12µg (11.6%), Calcium: 114.12mg (11.41%), Vitamin B5: 1.12mg (11.17%), Vitamin A: 201.26IU (4.03%)