



Eggplant and Walnut Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 teaspoon five-spice powder chinese
- 10 servings garnishes: chives fresh toasted
- 2 small eggplants cut in half lengthwise (3/4 pound each)
- 2 tablespoons half-and-half
- 0.3 cup yogurt plain low-fat
- 0.5 teaspoon salt
- 1 cup walnuts divided toasted chopped

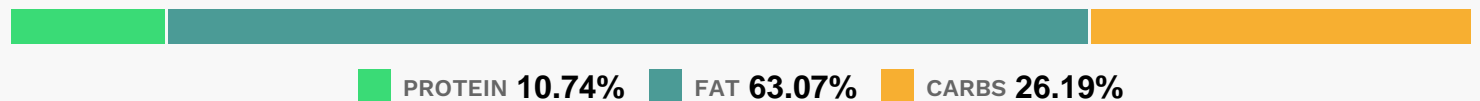
Equipment

- food processor
- bowl
- frying pan
- oven

Directions

- Place eggplant, cut sides down, in a well-greased 13" x 9" pan.
- Bake at 425 for 30 minutes or until very tender. Cool. Peel and coarsely chop eggplant.
- Place eggplant in a food processor; add 1/2 cup walnuts and next 4 ingredients. Process until smooth. Spoon eggplant mixture into a bowl, and stir in remaining 1/2 cup walnuts.
- Garnish, if desired.
- Serve with pumpernickel slices or pita bread.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.97, Inflammation Score:-4, Nutrition Score:6.2086955956791%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Delphinidin: 78.49mg, Delphinidin: 78.49mg, Delphinidin: 78.49mg, Delphinidin: 78.49mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 108.52kcal (5.43%), Fat: 8.29g (12.75%), Saturated Fat: 1.02g (6.4%), Carbohydrates: 7.74g (2.58%), Net Carbohydrates: 4.14g (1.51%), Sugar: 4.11g (4.57%), Cholesterol: 1.42mg (0.47%), Sodium: 124.54mg (5.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.35%), Manganese: 0.62mg (31.16%), Fiber: 3.6g (14.4%), Copper: 0.27mg (13.28%), Magnesium: 33.58mg (8.4%), Folate: 33.46µg (8.37%), Potassium: 286.96mg (8.2%), Phosphorus: 76.04mg (7.6%), Vitamin B6: 0.15mg (7.38%), Vitamin K: 5.7µg (5.43%), Vitamin B1: 0.08mg (5.4%), Vitamin B2: 0.07mg (4.26%), Zinc: 0.6mg (3.97%), Iron: 0.69mg (3.81%), Vitamin B3: 0.75mg (3.76%), Vitamin B5: 0.37mg (3.75%), Calcium: 37.06mg (3.71%), Vitamin C: 2.89mg (3.5%), Vitamin E: 0.37mg (2.45%), Selenium: 1.17µg (1.67%), Vitamin A: 81.61IU (1.63%)