



Eggplant Dip



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon basil sliced
- ☐ 1 clove garlic minced
- ☐ 4 servings coarsely ground pepper black
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon paprika hot
- ☐ 1 tablespoon lowfat yogurt plain
- ☐ 1 spring onion coarsely chopped

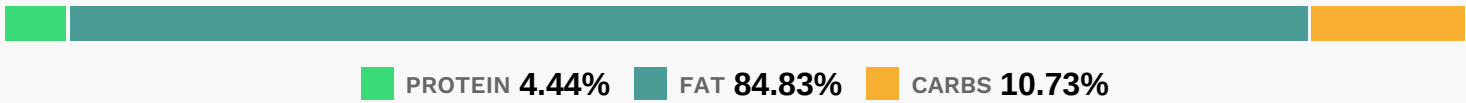
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ sieve
- ☐ cheesecloth

Directions

- ☐ Heat oven to 350°F. Coat eggplants with cooking spray. Roast 1 hour. Scoop pulp into a sieve lined with cheesecloth; drain 1 hour.
- ☐ Remove pulp; purée in food processor; transfer to a bowl.
- ☐ Heat oil in a sauté pan over medium heat. Cook onion 5 minutes or until soft.
- ☐ Add garlic; cook 3 minutes or until soft.
- ☐ Add tomatoes and paprika; cook 3 to 5 minutes.
- ☐ Let cool. Stir yogurt into puree; add onion and tomatoes. Season with salt and pepper. Chill 30 minutes.
- ☐ Garnish with basil.
- ☐ Serve with raw vegetables
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:1.4252174159755%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 37.24kcal (1.86%), Fat: 3.63g (5.58%), Saturated Fat: 0.54g (3.38%), Carbohydrates: 1.03g (0.34%), Net Carbohydrates: 0.82g (0.3%), Sugar: 0.46g (0.51%), Cholesterol: 0.3mg (0.1%), Sodium: 4.39mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.85%), Vitamin K: 10.78µg (10.27%), Vitamin E: 0.6mg (4%), Vitamin A: 182.58IU (3.65%), Manganese: 0.04mg (2%), Calcium: 14.6mg (1.46%), Vitamin C: 0.93mg (1.13%), Phosphorus: 10.68mg (1.07%), Vitamin B2: 0.02mg (1.03%)