



Eggplant Dip (Baba Ghanoush)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cloves garlic crushed peeled
- 2 tablespoons olive oil
- 0.5 juice of lemon
- 2 medium eggplant (3 pounds total)
- 10 servings pepper black freshly ground
- 0.3 cup tahini

Equipment

- food processor

bowl

oven

Directions

Preheat the oven to 450°F. Rub the outside of the eggplants with olive oil and place them in a roasting pan. Roast the eggplant until the skin has charred and the interior is tender, 15 to 20 minutes.

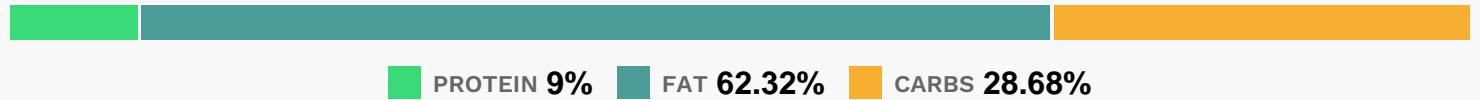
Let cool.

Peel and seed the cooled eggplant, roughly chop the flesh, and then transfer it to the bowl of a food processor.

Into the processor bowl add the tahini, garlic, lemon juice, some salt and pepper to taste, and a few teaspoons of cold water. Process the mixture to a coarse paste, adding a bit more water as needed to allow the mixture to blend.

Adjust the seasoning with salt and pepper to taste and serve.

Nutrition Facts



Properties

Glycemic Index:9.2, Glycemic Load:0.86, Inflammation Score:-3, Nutrition Score:5.0582609098891%

Flavonoids

Delphinidin: 78.49mg, Delphinidin: 78.49mg, Delphinidin: 78.49mg, Delphinidin: 78.49mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 96.49kcal (4.82%), Fat: 7.22g (11.1%), Saturated Fat: 1.01g (6.34%), Carbohydrates: 7.47g (2.49%), Net Carbohydrates: 4.31g (1.57%), Sugar: 3.28g (3.64%), Cholesterol: 0mg (0%), Sodium: 4.82mg (0.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.69%), Fiber: 3.17g (12.67%), Manganese: 0.24mg (11.77%), Vitamin B1: 0.16mg (10.97%), Copper: 0.21mg (10.32%), Phosphorus: 86.38mg (8.64%), Potassium: 251.79mg (7.19%), Folate: 28.33µg (7.08%), Vitamin B3: 1.05mg (5.26%), Magnesium: 20.83mg (5.21%), Vitamin B6: 0.1mg (4.87%), Vitamin K: 5.07µg (4.82%), Vitamin E: 0.68mg (4.55%), Selenium: 3.12µg (4.45%), Vitamin C: 3.12mg (3.78%), Zinc: 0.53mg

(3.5%), Iron: 0.6mg (3.34%), Vitamin B5: 0.26mg (2.64%), Vitamin B2: 0.04mg (2.62%), Calcium: 21.17mg (2.12%)