



Eggplant Tahini Basil Crostini



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



326 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

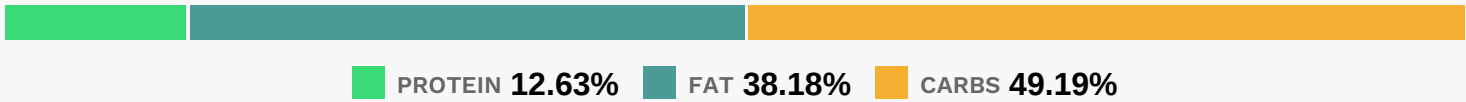
- ☐ 1 crusty baguette
- ☐ 1 lb eggplant
- ☐ 0.5 tbsp olive oil extra virgin plus more for brushing crostini
- ☐ 0.5 cup basil fresh divided
- ☐ 0.3 tsp garlic crushed
- ☐ 1 tbsp juice of lemon fresh to taste
- ☐ 0.3 tsp salt to taste
- ☐ 0.3 cup tahini

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Eggplant Tahini Basil Crostini
- ☐ Ingredients1 eggplant (1 lb), roasted1/3 cup tahini paste1 tbsp fresh lemon juice, or more to taste1/2 tbsp extra virgin olive oil, plus more for brushing crostini1/4 tsp crushed garlic1/4 tsp salt, or more to taste1/2 cup fresh basil leaves, divided1 sourdough baguette
- ☐ Total Time: 30 Minutes
- ☐ Servings: A little less than 1 cup of dip, or about 20 crostini
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:50.44, Glycemic Load:21.65, Inflammation Score:-6, Nutrition Score:15.705652112546%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 325.87kcal (16.29%), Fat: 14.29g (21.99%), Saturated Fat: 2.11g (13.17%), Carbohydrates: 41.43g (13.81%), Net Carbohydrates: 35.71g (12.99%), Sugar: 7.04g (7.82%), Cholesterol: 0mg (0%), Sodium: 541.08mg (23.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.64g (21.28%), Vitamin B1: 0.73mg (48.55%), Manganese: 0.59mg (29.56%), Folate: 114.22µg (28.55%), Selenium: 18.01µg (25.73%), Copper: 0.5mg (25.11%), Phosphorus: 246.84mg (24.68%), Vitamin B3: 4.73mg (23.67%), Fiber: 5.72g (22.87%), Iron: 3.41mg (18.96%), Vitamin K: 19.35µg (18.43%), Vitamin B2: 0.27mg (15.86%), Magnesium: 53.32mg (13.33%), Potassium: 442.44mg (12.64%), Calcium: 109.99mg (11%), Zinc: 1.63mg (10.85%), Vitamin B6: 0.2mg (9.94%), Vitamin C: 5.38mg (6.52%), Vitamin B5: 0.57mg (5.67%), Vitamin E: 0.8mg (5.35%), Vitamin A: 197.97IU (3.96%)