



Grilled Middle Eastern Baba Ghanoush

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



265 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 medium eggplants
- 1 handful flat-leaf parsley fresh coarsely chopped
- 4 garlic cloves coarsely chopped
- 0.5 teaspoon ground cumin
- 1 juice of lemon juiced
- 8 servings kosher salt and pepper black freshly ground
- 0.5 cup olive oil extra-virgin
- 2 tablespoons roasted pistachios chopped for garnish

- 8 servings pita bread for dipping cut into wedges,
- 0.3 cup tahini (sesame seed paste)

Equipment

- food processor
- bowl
- oven
- grill
- grill pan

Directions

- Pierce the eggplants in a few places with a fork, so steam has somewhere to go when you cook them.
- For a smoky flavor that will add depth to the finished dish, grill the eggplants on a very hot, oiled grill pan (or barbecue) until the skins are wrinkled and black, and the eggplants shriveled and soft; turning often. (If you prefer, roast the eggplants in a preheated 400 degree F oven for 30 minutes.)
- When the eggplants are cool enough to handle, split them open and scoop out the flesh, discarding the skin and as many seeds as possible.
- In a food processor, combine the garlic, tahini, lemon juice and parsley; puree until smooth.
- Add the eggplant flesh; season with cumin, salt, and pepper; pulse several times to make a thick, coarse puree.
- Pour in the oil and pulse again to incorporate. Taste and adjust seasoning, as needed.
- Pour into a serving bowl and garnish with chopped pistachios.
- Serve with pita wedges for dipping.

Nutrition Facts

 **PROTEIN 11.84%**  **FAT 27.96%**  **CARBS 60.2%**

Properties

Glycemic Index:30.5, Glycemic Load:30.27, Inflammation Score:-4, Nutrition Score:9.9478261418965%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg 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 Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 265.39kcal (13.27%), Fat: 8.46g (13.01%), Saturated Fat: 1.17g (7.33%), Carbohydrates: 40.96g (13.65%), Net Carbohydrates: 35.65g (12.96%), Sugar: 4.3g (4.78%), Cholesterol: 0mg (0%), Sodium: 305.95mg (13.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.06g (16.12%), Manganese: 0.6mg (30.04%), Vitamin B1: 0.34mg (22.33%), Fiber: 5.31g (21.24%), Copper: 0.34mg (17.01%), Phosphorus: 153.9mg (15.39%), Vitamin K: 14.03µg (13.36%), Folate: 48.52µg (12.13%), Vitamin B3: 2.42mg (12.09%), Potassium: 399.29mg (11.41%), Magnesium: 41.46mg (10.37%), Vitamin B6: 0.18mg (9%), Iron: 1.62mg (9%), Calcium: 76.27mg (7.63%), Zinc: 1.07mg (7.15%), Vitamin C: 5.53mg (6.71%), Vitamin B2: 0.11mg (6.59%), Vitamin B5: 0.57mg (5.71%), Vitamin E: 0.79mg (5.27%), Selenium: 3.28µg (4.69%), Vitamin A: 83.76IU (1.68%)