



Middle Eastern Eggplant Dip

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



11 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 4.5 cups eggplant cubed peeled (1-inch) ()
- 1 garlic clove chopped
- 1 tablespoon olive oil
- 1 cup bell pepper red chopped
- 1 cup onion red chopped
- 0.5 teaspoon salt
- 1 tablespoon tomato paste

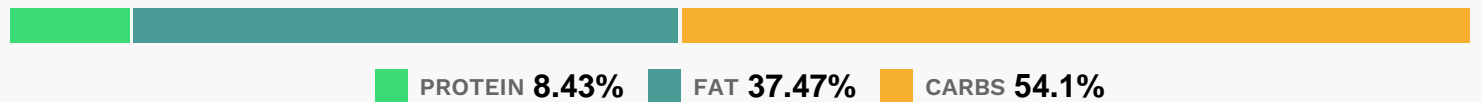
Equipment

- food processor
- oven
- baking pan

Directions

- Preheat oven to 35
- Combine first 5 ingredients in a 13 x 9-inch baking dish coated with cooking spray; stir well to coat.
- Bake at 350 for 1 hour or until vegetables are tender. Cool slightly.
- Place vegetables and remaining ingredients in a food processor; process until smooth.

Nutrition Facts



Properties

Glycemic Index:6.13, Glycemic Load:0.31, Inflammation Score:-2, Nutrition Score:1.2208695567173%

Flavonoids

Delphinidin: 9.88mg, Delphinidin: 9.88mg, Delphinidin: 9.88mg, Delphinidin: 9.88mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 10.55kcal (0.53%), Fat: 0.48g (0.74%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 1.56g (0.52%), Net Carbohydrates: 1.01g (0.37%), Sugar: 0.88g (0.97%), Cholesterol: 0mg (0%), Sodium: 40.93mg (1.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.49%), Vitamin C: 6.72mg (8.15%), Vitamin A: 156.26IU (3.13%), Fiber: 0.56g (2.22%), Manganese: 0.04mg (2.18%), Vitamin B6: 0.03mg (1.58%), Folate: 5.69µg (1.42%), Potassium: 49.2mg (1.41%), Vitamin E: 0.19mg (1.29%)