



 **20%**
HEALTH SCORE

Moutabel

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



113 kcal

SIDE DISH

Ingredients

- 4 medium eggplant
- 0.3 cup basil fresh
- 0.3 cup basil fresh
- 1 sprig mint leaves fresh
- 4 cloves garlic
- 2 to 2 chilies slit fresh green
- 4 tablespoons juice of lemon fresh
- 1 teaspoon olive oil

- 1 teaspoon salt
- 0.3 cup tahini

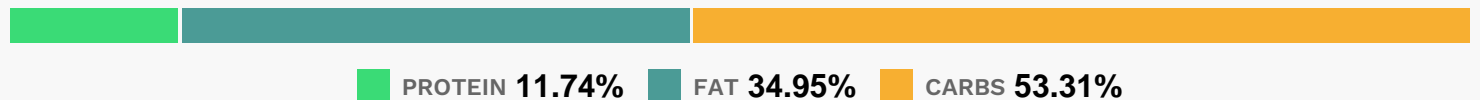
Equipment

- food processor
- baking sheet
- oven

Directions

- Preheat oven to 400 degrees F (200 degrees C). Lightly grease a medium baking sheet.
- Place eggplants on the baking sheet.
- Bake in the preheated oven 30 minutes, or until soft and seared.
- In a food processor, grind together garlic, basil and green chile peppers.
- Scoop eggplant from skins and mix with garlic mixture in the food processor.
- Transfer the mixture to a medium serving dish. With a fork, mash in tahini, lemon juice and salt.
- Garnish with mint and olive oil.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:2.13, Inflammation Score:-5, Nutrition Score:10.022173902263%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 113.43kcal (5.67%), Fat: 4.92g (7.58%), Saturated Fat: 0.71g (4.43%), Carbohydrates: 16.9g (5.63%), Net Carbohydrates: 9.22g (3.35%), Sugar: 8.67g (9.63%), Cholesterol: 0mg (0%), Sodium: 335.79mg (14.6%), Alcohol: 0g (100%), Protein: 3.72g (7.45%), Fiber: 7.68g (30.73%), Manganese: 0.58mg (28.84%), Potassium: 577.78mg (16.51%), Copper: 0.32mg (15.92%), Folate: 60.44µg (15.11%), Vitamin B1: 0.21mg (14.26%), Vitamin K: 14.57µg (13.87%), Vitamin C: 10.38mg (12.59%), Phosphorus: 118.04mg (11.8%), Vitamin B6: 0.23mg (11.41%), Magnesium: 41.08mg (10.27%), Vitamin B3: 1.94mg (9.71%), Vitamin B5: 0.67mg (6.66%), Vitamin B2: 0.1mg (5.76%), Iron: 0.95mg (5.27%), Vitamin E: 0.78mg (5.22%), Zinc: 0.75mg (4.99%), Selenium: 3.49µg (4.99%), Calcium: 37.49mg (3.75%), Vitamin A: 142.71IU (2.85%)