



Online Round 2 Web - Eggplant Dip

 Vegetarian  Vegan  Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



232 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon canola oil
- 4 servings reserved eggplant from moussaka recipe
- 0.3 cup parsley fresh roughly chopped
- 1 small head garlic
- 0.5 teaspoon ground cumin
- 4 servings kosher salt and pepper black freshly ground
- 1 tablespoon juice of lemon
- 3 tablespoons olive oil

- 0.3 teaspoon paprika
- 3 pita pockets toasted cut into quarters and

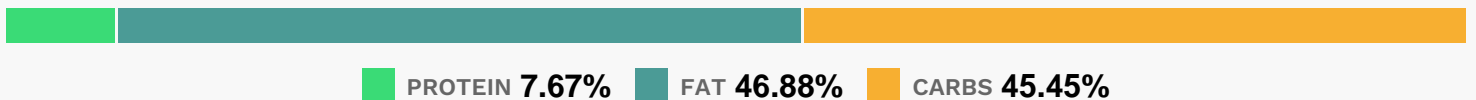
Equipment

- food processor
- bowl
- baking sheet
- oven
- aluminum foil

Directions

- Preheat the oven to 400 degrees F.
- Slice off the pointed top of the garlic and put it on a square of aluminum foil, cut side up.
- Drizzle with the canola oil and season with salt and pepper. Wrap it up, put it on a baking sheet, and bake until the garlic is soft, about 45 minutes. Unwrap and let cool for about 20 minutes.
- Into the bowl of a food processor, squeeze in the roasted garlic.
- Add the reserved eggplant, parsley, cumin, and lemon juice and pulse to combine. With the processor running, drizzle in the olive oil. Taste and adjust the seasoning with salt and pepper. Scoop the dip into a bowl, sprinkle with paprika, and serve with the toasted pita.

Nutrition Facts



Properties

Glycemic Index:60.25, Glycemic Load:22.51, Inflammation Score:-4, Nutrition Score:7.9678260658098%

Flavonoids

Delphinidin: 0.86mg, Delphinidin: 0.86mg, Delphinidin: 0.86mg, Delphinidin: 0.86mg 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: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg,

Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 231.56kcal (11.58%), Fat: 12.15g (18.7%), Saturated Fat: 1.61g (10.08%), Carbohydrates: 26.51g (8.84%), Net Carbohydrates: 25.18g (9.16%), Sugar: 0.25g (0.28%), Cholesterol: 0mg (0%), Sodium: 229.2mg (9.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.95%), Vitamin K: 68.97µg (65.68%), Manganese: 0.35mg (17.55%), Vitamin E: 1.78mg (11.83%), Vitamin C: 8.67mg (10.5%), Vitamin B1: 0.13mg (8.85%), Vitamin A: 382.27IU (7.65%), Iron: 1.21mg (6.7%), Calcium: 57.44mg (5.74%), Phosphorus: 55.96mg (5.6%), Vitamin B6: 0.11mg (5.55%), Fiber: 1.33g (5.32%), Vitamin B3: 1.03mg (5.16%), Copper: 0.1mg (5.14%), Folate: 17.06µg (4.27%), Magnesium: 16.22mg (4.05%), Zinc: 0.5mg (3.31%), Vitamin B2: 0.06mg (3.27%), Potassium: 114.15mg (3.26%), Vitamin B5: 0.24mg (2.36%), Selenium: 1.03µg (1.47%)