



Pesto-Eggplant Dip

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



199 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup basil leaves dry loosely packed rinsed
- ☐ 1 lb eggplant
- ☐ 0.3 cup feta cheese crumbled
- ☐ 1 clove garlic peeled
- ☐ 1 tablespoon juice of lemon
- ☐ 3 tablespoons olive oil
- ☐ 6 pita breads toasted
- ☐ 8 servings salt and pepper

☐ 8 oz tomatoes ripe

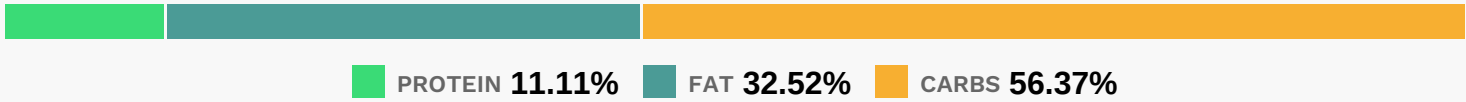
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ spatula

Directions

- ☐ Rinse eggplant; trim and discard stem end. Rinse and core tomato.
- ☐ Cut both into 1/2-inch slices.
- ☐ Brush both sides of each slice with olive oil.
- ☐ Place eggplant and tomato slices in a single layer on two baking sheets. Broil 6 inches from heat (one sheet at a time), turning slices with a wide spatula, until eggplant is browned on both sides and tomatoes are soft, about 10 minutes total per sheet.
- ☐ Let stand until cool enough to handle.
- ☐ In a food processor, whirl basil and garlic until finely chopped.
- ☐ Add eggplant and tomato and pulse until vegetables are coarsely chopped.
- ☐ Spoon into a bowl and stir in lemon juice and salt and pepper to taste.
- ☐ Garnish top of dip with feta cheese and serve with pita breads for dipping (see note above), or cover dip and chill for up to 1 day.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:22.69, Inflammation Score:-4, Nutrition Score:6.9447825700045%

Flavonoids

Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg,

Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 199.07kcal (9.95%), Fat: 7.27g (11.19%), Saturated Fat: 1.65g (10.34%), Carbohydrates: 28.37g (9.46%), Net Carbohydrates: 25.36g (9.22%), Sugar: 2.8g (3.11%), Cholesterol: 5.56mg (1.85%), Sodium: 492.96mg (21.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.59g (11.18%), Manganese: 0.39mg (19.59%), Vitamin K: 13.73µg (13.07%), Fiber: 3g (12.01%), Vitamin B1: 0.16mg (10.41%), Phosphorus: 83.78mg (8.38%), Calcium: 78.49mg (7.85%), Vitamin B3: 1.52mg (7.58%), Vitamin C: 6.24mg (7.57%), Folate: 30.21µg (7.55%), Potassium: 259.26mg (7.41%), Vitamin E: 1.11mg (7.37%), Vitamin B2: 0.12mg (7.16%), Copper: 0.14mg (7.13%), Vitamin A: 354.84IU (7.1%), Magnesium: 24.34mg (6.08%), Vitamin B6: 0.12mg (5.95%), Iron: 0.92mg (5.12%), Zinc: 0.69mg (4.6%), Vitamin B5: 0.42mg (4.2%), Vitamin B12: 0.11µg (1.76%), Selenium: 1.17µg (1.67%)