



Roasted Eggplant-Almond Dip

 Vegetarian  Vegan  Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



112 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup almonds
- 4 servings ground pepper to taste
- 1 small pepper flakes seeded chopped
- 1 large eggplant
- 1 teaspoon ginger minced
- 4 juice of lemon
- 2 tablespoons vanilla-flavored soy yogurt plain
- 0.3 teaspoon mustard seeds

- 0.5 onion minced
- 2 cloves roasted garlic
- 4 servings salt to taste

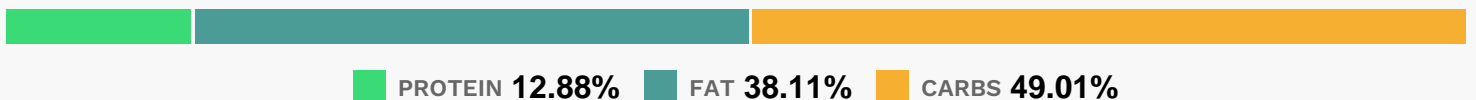
Equipment

- bowl
- frying pan
- oven
- blender
- grill

Directions

- Place it in a pan and roast it until completely collapsed and charred-looking on top, about 45 minutes. (You can also cook it on a grill, turning regularly, until charred all over and soft.)
- Remove from oven and set aside to cool. Once the eggplant is cool, scoop out the flesh and put it into a medium-sized bowl. If there are lots of large seeds, separate and discard them. Mash the flesh with a fork until a coarse puree is formed.
- Heat a small frying pan and add the almonds and mustard seeds. Toast them for about 2 minutes or until the seeds begin to pop.
- Add the onion, chile, and ginger and cook on medium for a few more minutes.
- Transfer to a small blender, add the garlic, lemon juice, soy yogurt (or mayo), and two tablespoons of water, and puree.
- Add the almond puree to the eggplant. Season to taste with cayenne and salt.
- Serve with raw vegetables or bread such as pitas or naan.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:2.06, Inflammation Score:-8, Nutrition Score:11.279565152915%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 111.8kcal (5.59%), Fat: 5.36g (8.24%), Saturated Fat: 0.49g (3.05%), Carbohydrates: 15.5g (5.17%), Net Carbohydrates: 9.81g (3.57%), Sugar: 7g (7.78%), Cholesterol: 0mg (0%), Sodium: 199.94mg (8.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.14%), Vitamin C: 34.32mg (41.6%), Manganese: 0.58mg (29.18%), Fiber: 5.68g (22.73%), Vitamin E: 3.37mg (22.44%), Vitamin A: 967.99IU (19.36%), Potassium: 464.71mg (13.28%), Vitamin B6: 0.26mg (13.24%), Magnesium: 50.25mg (12.56%), Copper: 0.22mg (11.2%), Vitamin B2: 0.18mg (10.75%), Folate: 42.85µg (10.71%), Phosphorus: 91.57mg (9.16%), Vitamin B3: 1.45mg (7.23%), Vitamin K: 7.28µg (6.93%), Vitamin B1: 0.1mg (6.39%), Calcium: 57.02mg (5.7%), Iron: 0.97mg (5.37%), Vitamin B5: 0.45mg (4.54%), Zinc: 0.61mg (4.07%), Selenium: 1.65µg (2.35%)