



## Roasted Eggplant Dip

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



10

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 cilantro minicube crumbled knorr®
- 2 medium eggplants diced peeled
- 2 garlic minicubes crumbled knorr®
- 1 tablespoon juice of lemon
- 0.5 cup olive oil

## Equipment

- food processor
- baking sheet

- oven
- blender
- aluminum foil

## Directions

- Preheat oven to 45
- Arrange eggplant on an aluminum-foil-lined baking sheet.
- Drizzle olive oil over eggplant, then sprinkle with Knorr Garlic Mini
- Cubes; toss to coat. Roast for 30 minutes or until eggplant is very tender, stirring once.
- Process eggplant with remaining ingredients in a food processor or blender until smooth.
- Serve with your favorite vegetable dippers or tortilla chips.

## Nutrition Facts

**PROTEIN 7.95%** **FAT 44.14%** **CARBS 47.91%**

## Properties

Glycemic Index:9.2, Glycemic Load:0.85, Inflammation Score:-2, Nutrition Score:3.2286956517593%

## Flavonoids

Delphinidin: 78.49mg, Delphinidin: 78.49mg, Delphinidin: 78.49mg, Delphinidin: 78.49mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 43.26kcal (2.16%), Fat: 2.33g (3.59%), Saturated Fat: 0.33g (2.06%), Carbohydrates: 5.7g (1.9%), Net Carbohydrates: 2.92g (1.06%), Sugar: 3.28g (3.64%), Cholesterol: 0mg (0%), Sodium: 2.08mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.89%), Manganese: 0.22mg (11.18%), Fiber: 2.77g (11.08%), Potassium: 214.78mg (6.14%), Folate: 20.59µg (5.15%), Vitamin K: 5.14µg (4.89%), Vitamin B6: 0.09mg (4.27%), Vitamin E: 0.59mg (3.96%), Copper: 0.08mg (3.83%), Vitamin C: 2.84mg (3.44%), Magnesium: 13.12mg (3.28%), Vitamin B3: 0.6mg (3.01%), Vitamin B5: 0.26mg (2.64%), Vitamin B1: 0.04mg (2.49%), Phosphorus: 23.12mg (2.31%), Vitamin B2: 0.04mg (2.06%), Iron: 0.24mg (1.32%), Zinc: 0.16mg (1.04%)