



## Roasted Eggplant Spread

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



110 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.5 teaspoon cayenne pepper
- 2 medium eggplants peeled
- 2 garlic cloves minced
- 1.5 teaspoons kosher salt
- 2 tablespoons juice of lemon
- 3 tablespoons olive oil good
- 3 tablespoons parsley chopped for garnish

- 1 bell pepper red seeded
- 1 onion red peeled
- 2 tablespoons tahini

## Equipment

- food processor
- bowl
- baking sheet
- oven

## Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F.
- Cut the eggplant, bell pepper, and onion into 1-inch cubes. Toss them in a large bowl with the garlic, olive oil, cayenne and salt and pepper.
- Spread them on a baking sheet. Roast for 45 minutes, until the vegetables are lightly browned and soft, tossing once during cooking. Cool slightly.
- Place the vegetables in a food processor fitted with a steel blade, add the lemon juice and tahini, and pulse 3 or 4 times to blend. Taste for salt and pepper.
- Transfer to a bowl and add the chopped parsley.
- Garnish with extra parsley.

## Nutrition Facts



## Properties

Glycemic Index:26.88, Glycemic Load:1.57, Inflammation Score:-7, Nutrition Score:8.8943478853806%

## Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg 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: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.12mg, Luteolin: 0.12mg,  
Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg,  
Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg  
Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 2.9mg, Quercetin: 2.9mg,  
Quercetin: 2.9mg, Quercetin: 2.9mg

## **Nutrients (% of daily need)**

Calories: 109.8kcal (5.49%), Fat: 7.55g (11.62%), Saturated Fat: 1.07g (6.66%), Carbohydrates: 10.47g (3.49%), Net  
Carbohydrates: 6.17g (2.24%), Sugar: 5.38g (5.98%), Cholesterol: 0mg (0%), Sodium: 441.95mg (19.22%), Alcohol:  
0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.41%), Vitamin C: 26.51mg (32.13%), Vitamin K: 32.87µg (31.3%),  
Fiber: 4.3g (17.2%), Manganese: 0.34mg (16.75%), Vitamin A: 674.21IU (13.48%), Folate: 41.53µg (10.38%), Potassium:  
350.38mg (10.01%), Vitamin E: 1.39mg (9.29%), Vitamin B6: 0.18mg (8.87%), Copper: 0.17mg (8.43%), Vitamin B1:  
0.12mg (8.19%), Phosphorus: 67.84mg (6.78%), Magnesium: 24.33mg (6.08%), Vitamin B3: 1.16mg (5.78%), Vitamin  
B5: 0.4mg (4.03%), Vitamin B2: 0.07mg (3.97%), Iron: 0.69mg (3.81%), Zinc: 0.45mg (3%), Selenium: 1.85µg (2.64%),  
Calcium: 24.51mg (2.45%)