

## Spicy Roasted Eggplant Spread

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



2

CALORIES



117 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 0.1 teaspoon chipotle sauce to taste ( )
- 0.3 teaspoon cumin
- 1 eggplant
- 2 cloves garlic
- 0.5 cup grape tomatoes
- 0.5 juice of lime
- 0.5 teaspoon salt to taste (or )
- 1 tablespoon tahini

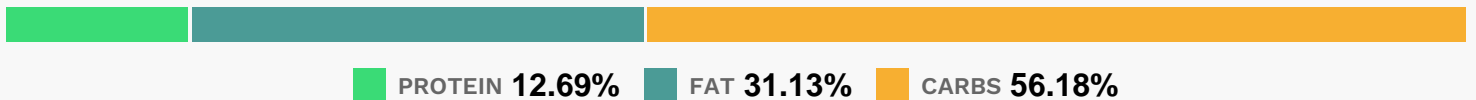
## Equipment

- food processor
- baking sheet
- oven
- toaster

## Directions

- Place it on a baking sheet and roast until it is completely tender and sunken in on top, from 30 to 45 minutes. (I do this in a toaster oven to avoid heating up the kitchen.)
- Remove from oven and allow to cool enough to peel.
- Cut off the top and remove the peel. With the food processor running, drop in the garlic and process until minced.
- Add the eggplant and all remaining ingredients except the tomatoes. Puree until fairly smooth.
- Add the tomatoes and pulse to chop coarsely.
- Serve in tortillas with lettuce, tomatoes, jalapeño peppers, red onions, or your own choice of vegetables.

## Nutrition Facts



## Properties

Glycemic Index:51.5, Glycemic Load:2.64, Inflammation Score:-7, Nutrition Score:11.125652043716%

## Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

## Nutrients (% of daily need)

Calories: 116.65kcal (5.83%), Fat: 4.55g (7%), Saturated Fat: 0.66g (4.1%), Carbohydrates: 18.48g (6.16%), Net Carbohydrates: 10.6g (3.85%), Sugar: 9.35g (10.39%), Cholesterol: 0mg (0%), Sodium: 591.78mg (25.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.35%), Manganese: 0.64mg (31.75%), Fiber: 7.88g (31.51%), Potassium: 672.51mg (19.21%), Copper: 0.34mg (17.09%), Vitamin C: 13.66mg (16.56%), Folate: 64.18µg (16.05%), Vitamin B1: 0.23mg (15.45%), Vitamin B6: 0.27mg (13.73%), Phosphorus: 130.04mg (13%), Magnesium: 45.56mg (11.39%), Vitamin B3: 2.17mg (10.87%), Vitamin K: 11.07µg (10.54%), Vitamin A: 375.18IU (7.5%), Vitamin B5: 0.7mg (7.04%), Iron: 1.19mg (6.6%), Vitamin B2: 0.11mg (6.24%), Vitamin E: 0.92mg (6.1%), Zinc: 0.83mg (5.54%), Selenium: 3.71µg (5.31%), Calcium: 44.08mg (4.41%)