



Traditional Baba Ghanoush

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



3

CALORIES



133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pinch parsley flakes dried for garnish
- 1 large eggplant
- 4 cloves garlic smashed
- 0.5 juice of lemon juiced
- 1 tablespoon olive oil to taste
- 0.5 teaspoon pepper flakes red
- 3 servings salt to taste
- 1.5 tablespoons tahini sauce

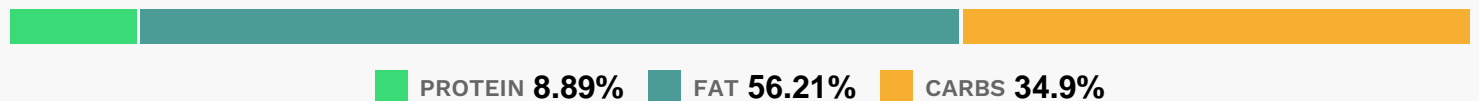
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 400 degrees F (200 degrees C). Arrange oven racks so you have one low and one high in the oven.
- Cut a shallow slit along the side of the eggplant and place into a baking dish.
- Roast in preheated oven on the lower rack until the eggplant is completely shrunken and soft, about 40 minutes. Move dish to higher rack and continue baking until the skin is charred, about 5 minutes more.
- Let eggplant cool until cool enough to handle.
- Peel and discard skin from eggplant. Put eggplant into a bowl; add tahini, garlic, lemon juice, red pepper flakes, and salt. Stir until ingredients are evenly mixed.
- Drizzle olive oil over the baba ghanoush and garnish with parsley.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:1.69, Inflammation Score:-5, Nutrition Score:8.2369565134463%

Flavonoids

Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 15.02mg, Apigenin: 15.02mg, Apigenin: 15.02mg, Apigenin: 15.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 132.79kcal (6.64%), Fat: 9.02g (13.87%), Saturated Fat: 1.27g (7.94%), Carbohydrates: 12.59g (4.2%), Net Carbohydrates: 7.36g (2.68%), Sugar: 5.6g (6.23%), Cholesterol: 0mg (0%), Sodium: 207.26mg (9.01%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.21g (6.41%), Manganese: 0.46mg (23.03%), Fiber: 5.24g (20.95%), Copper: 0.26mg (13.16%), Vitamin B1: 0.19mg (12.63%), Vitamin K: 13.1µg (12.48%), Potassium: 420.75mg (12.02%), Folate: 42.75µg (10.69%), Phosphorus: 104.86mg (10.49%), Vitamin B6: 0.2mg (10.07%), Vitamin C: 7.28mg (8.82%), Vitamin E: 1.3mg (8.65%), Magnesium: 31.63mg (7.91%), Vitamin B3: 1.52mg (7.59%), Selenium: 3.73µg (5.32%), Iron: 0.91mg (5.08%), Vitamin B2: 0.08mg (4.81%), Vitamin B5: 0.47mg (4.66%), Zinc: 0.67mg (4.48%), Calcium: 36.92mg (3.69%), Vitamin A: 146.1IU (2.92%)