



Turkish Roasted Eggplant Dip with Walnuts

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



299 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.8 pound eggplants
- ☐ 2 tablespoon olive oil extra virgin
- ☐ 2 tablespoon parsley chopped
- ☐ 1 bell pepper red
- ☐ 1.5 tablespoon red wine vinegar
- ☐ 1 cup ricotta cheese
- ☐ 0.5 teaspoon salt
- ☐ 6 servings salt and pepper

☐ 1 cup walnuts divided chopped

Equipment

☐ food processor

☐ bowl

☐ roasting pan

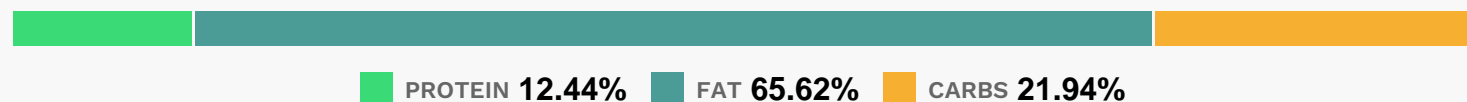
☐ grill

☐ mortar and pestle

Directions

- ☐ Pierce the eggplants with a sharp fork in two or three places (to keep them from exploding) and place them as high as you can on a V-rack roaster. Set over a medium-low gas flame or over hot coals and grill, turning about three times, 15 minutes to a side, or until completely soft and the skin is black and blistered, about 45 minutes total. The longer and slower the grilling, the creamier the eggplant will be. When the eggplants collapse, remove from the grill and let cool slightly.
- ☐ Remove the black charred skin, then squeeze gently to remove any juices. Discard the juices, and crush the pulp to a purée with a fork. Meanwhile, grill the pepper.
- ☐ Remove the pepper when soft, cover with a sheet of plastic and allow to cool. Core, seed and slip off the skin. Chop fine and mix with the eggplant. Mash the garlic to a paste with half the walnuts and the salt in a mortar and pestle or food processor.
- ☐ Add the cheese, oil, vinegar, and salt and pepper, and pulse to combine. In a serving bowl, combine the garlic-walnut mixture with the eggplant-pepper pulp and mix well. Correct the seasoning.
- ☐ Mix the parsley and remaining walnuts and sprinkle on top.
- ☐ Serve with pita toasted until crisp, or toasted rustic bread slices. May be stored, covered, in the refrigerator for several days. Note: When large eggplants are roasted whole, you may notice black juices seeping out of the skin. If this happens, immediately slit the eggplant on one side and drain on a slanted board in the sink.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:2.67, Inflammation Score:-8, Nutrition Score:17.196086948333%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 178.15mg, Delphinidin: 178.15mg, Delphinidin: 178.15mg, Delphinidin: 178.15mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 299.03kcal (14.95%), Fat: 23.19g (35.68%), Saturated Fat: 5.35g (33.45%), Carbohydrates: 17.44g (5.81%), Net Carbohydrates: 9.44g (3.43%), Sugar: 8.8g (9.78%), Cholesterol: 21.08mg (7.03%), Sodium: 428.78mg (18.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.89g (19.79%), Manganese: 1.18mg (58.88%), Vitamin C: 32.01mg (38.8%), Vitamin K: 33.91µg (32.29%), Fiber: 8g (32.02%), Copper: 0.49mg (24.66%), Folate: 80.96µg (20.24%), Vitamin A: 968.95IU (19.38%), Phosphorus: 188.9mg (18.89%), Potassium: 656.3mg (18.75%), Vitamin B6: 0.36mg (17.8%), Magnesium: 67.67mg (16.92%), Calcium: 127.12mg (12.71%), Vitamin B2: 0.2mg (12.06%), Vitamin E: 1.8mg (12.01%), Vitamin B1: 0.16mg (10.99%), Selenium: 7.59µg (10.85%), Zinc: 1.48mg (9.87%), Vitamin B3: 1.82mg (9.11%), Vitamin B5: 0.85mg (8.52%), Iron: 1.42mg (7.87%), Vitamin B12: 0.14µg (2.34%)