

Classic Baba Ghanoush

Yield: 12 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-recipe-for-japanese-eggplant>

Ingredients:

- 2 eggplants medium, about 3 lbs. total, roasted
- 1/3 cup tahini from light seeds, not "dark tahini"
- 3 garlic cloves roasted, or 1 clove raw garlic, crushed
- 2 fresh lemons juiced, or more to taste
- 1/2 teaspoon cumin
- 1/2 teaspoon salt or more to taste
- 1 pinch cayenne pepper
- 2 tablespoons fresh parsley minced, for garnish, optional
- paprika for garnish, optional
- extra-virgin olive oil

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 10 grams
3. Fat: 5 grams
4. Fiber: 5 grams
5. Protein: 3 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 105 milligrams
8. Sugar: 2 grams

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