

Baba Ghanoush (Roasted Eggplant Dip)

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/israeli-eggplant-dip-recipe>

Ingredients:

- 3 eggplants medium
- 3 cloves garlic roasted, or 1 clove of raw garlic
- 1 lemon or to taste
- 2 tablespoons Tahini or to taste
- 1/3 cup extra virgin olive oil plus more for serving
- 1/4 teaspoon cayenne pepper optional
- salt
- freshly ground pepper
- 2 tablespoons sour cream or greek yogurt
- chopped parsley or mint to garnish, optional

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 5 milligrams
4. Fat: 23 grams
5. Fiber: 15 grams
6. Protein: 6 grams
7. SaturatedFat: 4 grams
8. Sodium: 220 milligrams
9. Sugar: 9 grams

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