

Baba Ghanoush

Yield: 2 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/authentic-lebanese-baba-ganoush-recipe>

Ingredients:

- 2 eggplants medium
- 1/4 cup fresh lemon juice
- 1/3 cup tahini
- 3 cloves garlic minced
- 1/4 teaspoon salt
- 1/2 teaspoon cumin
- paprika optional, for serving
- extra-virgin olive oil optional, for serving
- vegetables cut, for serving; or pita bread or chips

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 56 grams
3. Fat: 30 grams
4. Fiber: 24 grams
5. Protein: 15 grams
6. SaturatedFat: 4.5 grams
7. Sodium: 360 milligrams
8. Sugar: 12 grams

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