

Baba Ganoush (Lebanese Eggplant Dip)

Yield: 4 min
Total Time: 60 min

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

Ingredients:

- 1 eggplant medium, washed
- 1/4 cup Tahini
- 1 clove garlic crushed
- 1/2 teaspoon cumin
- 1/2 teaspoon smoked paprika
- 1/2 lemon
- 1/8 cup fresh parsley
- salt
- pepper
- 2 tablespoons extra virgin olive oil buy now

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 16 grams
3. Fat: 14 grams
4. Fiber: 7 grams
5. Protein: 5 grams
6. SaturatedFat: 2 grams
7. Sodium: 210 milligrams
8. Sugar: 3 grams

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