

Greek Roasted Eggplant Dip (Melitzanosalata)

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/melitzanosalata-recipe-greek>

Ingredients:

- 1 eggplants large or 2 smaller
- 1/2 cup extra virgin olive oil
- 4 teaspoons red wine vinegar
- 1 teaspoon balsamic vinegar
- 3 cloves crushed garlic minced/
- 1/2 teaspoon dried oregano
- 1 teaspoon seasoning smoky, *, optional
- pepper
- salt

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 11 grams
3. Fat: 27 grams
4. Fiber: 5 grams
5. Protein: 2 grams
6. SaturatedFat: 4 grams
7. Sodium: 200 milligrams
8. Sugar: 3 grams

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