

Mutabal (Eggplant Dip)

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 2 eggplants about 2 pounds.
- 1/4 cup tahini paste
- 1/4 cup yogurt full fat
- 3 tablespoons lime juice
- 3 garlic cloves
- 1/4 teaspoon coriander
- 1/4 teaspoon cumin
- 1/4 teaspoon cayenne pepper optional for heat.
- pomegranate seeds unchecked? Parsley, or sumac for decorations., optional
- olive oil unchecked?, for a final drizzle.

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 5 milligrams
4. Fat: 13 grams
5. Fiber: 10 grams
6. Protein: 6 grams
7. SaturatedFat: 2 grams
8. Sodium: 25 milligrams
9. Sugar: 8 grams

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