

Turkish Roasted Eggplant Dip & How to Roast Eggplants

Yield: 2 min
Total Time: 30 min

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

Ingredients:

- 4 eggplants medium globe
- 1 clove garlic
- 1/2 lemon 's juice
- 2 tablespoons extra virgin olive oil
- 1 pinch salt

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 69 grams
3. Fat: 14 grams
4. Fiber: 34 grams
5. Protein: 11 grams
6. SaturatedFat: 2 grams
7. Sodium: 170 milligrams
8. Sugar: 22 grams

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