

Russian Eggplant Caviar ("Ikra")

Yield: 4 min
Total Time: 100 min

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

Ingredients:

- 2 medium eggplants 1 1/2 pounds
- 2 red bell peppers
- 2 tablespoons extra virgin olive oil
- 2 vine tomatoes medium
- 2 tablespoons red onion or finely diced white
- 2 tablespoons minced parsley and/or cilantro
- 2 tablespoons apple cider white, or red wine vinegar
- 2 tablespoons sunflower oil Ukrainian unrefined, you can sub with EVOO
- 1 medium garlic clove crushed or grated
- 1/2 teaspoon fine sea salt
- freshly ground black pepper to taste

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 24 grams
3. Fat: 14 grams
4. Fiber: 10 grams
5. Protein: 4 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 310 milligrams
8. Sugar: 11 grams

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