

# Roasted Eggplant Spread

Yield: 4 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-eggplant-spread-recipe-with-tomato-paste>

## Ingredients:

- 1 eggplant medium
- 2 red bell pepper
- 1 purple onion medium
- 4 cloves garlic
- 3 tablespoons extra-virgin olive oil
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon ground black pepper freshly
- 1 tablespoon tomato paste or pureed oven-roasted tomatoes

## Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 16 grams
3. Fat: 10 grams
4. Fiber: 6 grams
5. Protein: 3 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 940 milligrams
8. Sugar: 7 grams

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