

Baba Ganoush

Yield: 8 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-baba-ganoush-recipe>

Ingredients:

- 3 eggplants medium-sized
- 1/2 cup tahini sesame paste
- 1 1/4 teaspoons coarse salt
- 3 tablespoons lemon juice freshly-squeezed
- 3 cloves garlic peeled and smashed
- 1/8 teaspoon chile powder
- 1 tablespoon olive oil
- 1/2 bunch flat leaf parsley leaves picked

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 17 grams
3. Fat: 9 grams
4. Fiber: 8 grams
5. Protein: 5 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 380 milligrams
8. Sugar: 4 grams

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