MIDDLE EASTERN · SNACK · SIDE

Lebanese Baba Ganoush

90 min · Serves 6 · 102 kcal a serve · Video 5:19 · Feelgoodfoodie

Vegan · Paleo · Gluten-free ingredients · No nuts listed

Roasted eggplant and tahini make a creamy, smoky dip with fibre and healthy fats from sesame and olive oil, no added sugar and about 4 g net carbs per serve.

Diet notes: Keto (4.3 g net carbs a serve); Low saturated fat (1.1 g, 9.7% of the energy); DASH-friendly (110 mg sodium a serve).

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Ingredients 8 · SERVES 6

- [ ] 1 large **eggplant** (about 1¼ lb), roasted and scooped
- [ ] 1/4 cup **tahini**
- [ ] **Lemon juice**: juice of 1 lemon (about 3 tbsp)
- [ ] 2 **garlic** cloves
- [ ] 1/4 tsp **salt**
- [ ] a drizzle of **olive oil** (extra virgin, about 1 tbsp), to serve
- [ ] chopped **parsley**, to serve
- [ ] **pomegranate seeds**, to serve (optional)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Sesame. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 400°F. Wrap the eggplant in foil and roast for 45–60 minutes, until it is completely soft when pierced. 0:41
2. Let it cool for 15–20 minutes, then cut off the stalk, halve it and scoop the flesh into a food processor, leaving the skin behind. Squeeze out or drain any excess liquid. 0:55
3. Add the tahini, garlic, lemon juice and salt and blend for about 30 seconds, scraping down the sides once, until creamy. 2:22
4. Spoon into a bowl and top with parsley, a drizzle of olive oil and pomegranate seeds. An hour in the fridge first makes it thicker. 3:30

Tip Serves 6 as a dip (the cook's written recipe). For keto, scoop it up with cucumber, capsicum or celery sticks instead of pita. Keeps 4 days in the fridge.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
102 kcal	2.5 g	7.4 g	3.1 g	7.8 g	110 mg
420 kJ	5% of a day	4.3 g net · 2.9 g sugars	11% of a day	1.1 g saturated	5% of a day
		3% of a day		10% of a day	

Energy from net carbs 18% · protein 10% · fat 72% — fits keto: 4.3 g net carbs, 72% of the energy from fat

Source of (10–19%) Vitamin K 13%

Recipe and video: Feelgoodfoodie (@Feelgoodfoodie) on YouTube — youtube.com/watch?v=qf0fO68_4N8, published 20 January 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-lebanese-baba-ganoush