

Smoky Eggplant and Chickpea Spread

Tosca Reno - "The Eat-Clean Diet Vegetarian Cookbook"

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Servings: 18

Yield: 4 1/2 cups

2 pounds eggplant, peeled and roasted

1 can (16 ounce) chickpeas, drained and rinsed

1/2 cup tahini, stirred well

1/4 cup fresh lemon juice

2 tablespoons extra-virgin olive oil

2 tablespoons water

1 clove garlic, chopped

1 teaspoon ground cumin

1/4 teaspoon ground fresh chili paste

1 handful fresh parsley

3/4 teaspoon sea salt

freshly ground black pepper

Cut the roasted eggplant into chunks. Place in a food processor with all ingredients.

Process until smooth.

Serve with pita chips and vegetables.

Per Serving (excluding unknown items): 107 Calories; 6g Fat (46.7% calories from fat); 4g Protein; 11g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 92mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat.

Appetizers

Per Serving Nutritional Analysis

| | | | |
|---------------------------------------|-------|----------------------------|-------|
| Calories (kcal): | 107 | Vitamin B6 (mg): | .1mg |
| % Calories from Fat: | 46.7% | Vitamin B12 (mcg): | 0mcg |
| % Calories from Carbohydrates: | 39.7% | Thiamin B1 (mg): | .2mg |
| % Calories from Protein: | 13.6% | Riboflavin B2 (mg): | .1mg |
| Total Fat (g): | 6g | Folacin (mcg): | 82mcg |
| Saturated Fat (g): | 1g | Niacin (mg): | 1mg |
| Monounsaturated Fat (g): | 3g | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | 2g | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 0mg | % Refuse: | 0 0% |

| | |
|--------------------|-------|
| Carbohydrate (g): | 11g |
| Dietary Fiber (g): | 4g |
| Protein (g): | 4g |
| Sodium (mg): | 92mg |
| Potassium (mg): | 239mg |
| Calcium (mg): | 49mg |
| Iron (mg): | 2mg |
| Zinc (mg): | 1mg |
| Vitamin C (mg): | 7mg |
| Vitamin A (i.u.): | 222IU |
| Vitamin A (r.e.): | 22RE |

Food Exchanges

| | |
|----------------------|-----|
| Grain (Starch): | 1/2 |
| Lean Meat: | 0 |
| Vegetable: | 1/2 |
| Fruit: | 0 |
| Non-Fat Milk: | 0 |
| Fat: | 1 |
| Other Carbohydrates: | 0 |

Nutrition Facts

Servings per Recipe: 18

Amount Per Serving

Calories 107 Calories from Fat: 50

% Daily Values*

| | |
|--------------------------------|-----|
| Total Fat 6g | 9% |
| Saturated Fat 1g | 4% |
| Cholesterol 0mg | 0% |
| Sodium 92mg | 4% |
| Total Carbohydrates 11g | 4% |
| Dietary Fiber 4g | 15% |
| Protein 4g | |

| | |
|------------------|-----|
| Vitamin A | 4% |
| Vitamin C | 12% |
| Calcium | 5% |
| Iron | 9% |

* Percent Daily Values are based on a 2000 calorie diet.