

Quick & Easy Baba Ganoush

Hands-on 10 minutes Overall 50 minutes

Nutritional values (per serving, ~ 1/4 cup): Total carbs: 6.9 g, Fiber: 3.1 g, **Net carbs: 3.8 g**,

Protein: 2.2 g, Fat: 9.5 g, Calories: 113 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 8 servings)

2 large or 3 medium eggplants/ aubergines (750 g/ 1.65 lb) - will

yield about 600 g edible parts

1/4 cup [light tahini](#) (63 g/ 2.2 oz)

juice from 1 lemon (1/4 cup/ 60 ml)

2 cloves garlic, crushed

1/2 tsp ground cumin

1/4 tsp chili powder or 1/2 tsp chili flakes

2 tbsp fresh parsley (+ more for garnish)

1/2 tsp salt (I like [pink Himalayan](#))

3 tbsp [extra virgin olive oil](#)

paprika for garnish

Serve with:

freshly cut vegetables (cucumber, red pepper, celery stalks)

[Keto Cheesy Crackers](#)

[Ultimate Keto Breadsticks](#)

Instructions

- Char the eggplants.** Place the eggplants on a baking sheet lined with baking foil or strong parchment paper. Using a fork, prick the skin of each of the eggplants several times. Place them under a broiler for 5-8 minutes until the skin is lightly charred. Turn them on the other side half way through the charring.
- Bake the eggplants.** Once the eggplants are charred, turn the broiler off and preheat the oven to 220 °C/ 430 °F. Bake for 30-40 minutes. They will get wrinkly and very soft inside when they are done. Remove from the oven and leave them to cool down enough to handle. Slit the eggplants ... *Charring the eggplants will add a smoky flavour. If you skip this step, add 10 more minutes to the baking time.*
- ... and scoop the flesh out. To remove the excess juice, I placed the

flesh in a sieve (or you can use a colander) before mixing with the remaining ingredients. Discard the skins and stems.

- If you prefer a chunky texture:** Place the eggplant flesh on a chopping board and cut into small pieces. Then, in a bowl, mix with all the remaining ingredients (apart from the olive oil and paprika). **If you prefer a smooth texture:** Place the eggplant in a food processor and pulse until smooth. I used [my Kenwood mixer](#) with a food processor attachment. Transfer into a bowl and add all the remaining ingredients (apart from the olive oil and paprika). Place in a serving bowl, drizzle with olive oil and sprinkle with ground paprika and fresh parsley. Enjoy with some freshly cut veggies, [Keto Cheesy Crackers](#) or [Ultimate Keto Breadsticks](#). If not using immediately, cover and refrigerate for up to 5 days.

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