

Baba Ganoush

Ingredients

Eggplant, Olive Oil, Lemon Juice, Tahini paste, Parsley.

Nutrients per serving

| Nutrition Facts | |
|--|------------------------------|
| Serving Size 4 ounce (149g) | |
| Servings Per Container | |
| Amount Per Serving | |
| Calories 280 | Calories from Fat 240 |
| % Daily Value* | |
| Total Fat 27g | 42% |
| Saturated Fat 3.5g | 18% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 10mg | 0% |
| Total Carbohydrate 8g | 3% |
| Dietary Fiber 4g | 16% |
| Sugars 3g | |
| Protein 2g | |
| Vitamin A 0% | • Vitamin C 8% |
| Calcium 2% | • Iron 2% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300 mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |