



Baba Ghanouj

A Classic Lebanese Dish Featuring Eggplant at Its Best

Smoky, savory, rich and velvety, baba ghanouj is the quintessence of traditional Middle Eastern fare. We make ours by smoking the eggplant in its natural form, scooping it from its skin and incorporating good-quality tahini for a buttery, nutty flavor and smooth, creamy texture. It's a dish that's hearty yet versatile enough to be enjoyed as a meal on its own, as a side dish, or with a drizzle of olive oil and a scoop of fresh-baked pita bread.



Vegan • Gluten Free

INGREDIENTS:

Eggplant, Tahini (Sesame Seeds), Water, Citric Acid, Salt.

Nutrition Facts

Serving size 2 Tbsp (30g)

Amount per serving
Calories 50

% Daily Value*

Total Fat 4g 5%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 125mg 5%

Total Carbohydrate 3g 1%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 12mg 0%

Iron 0mg 0%

Potassium 59mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

MAY CONTAIN POTENTIAL ALLERGENS

May also contain Egg, Fish, Milk, Peanut, Shellfish, Soy, Tree Nuts, Wheat, Celery, Crustaceans, Gluten, Lupin, Molluscs, Mustard, Sulphites.