

# GARLICKY EGGPLANT DIP WITH FRESH VEGETABLES

Servings: 2

## INGREDIENTS

1 eggplant (420 g or 1 lb)  
2 tbsp olive oil (30 mL)  
Salt and pepper to taste  
2 garlic cloves (6 g), smashed  
¼ cup coarsely chopped fresh cilantro (8 g)  
2 carrots (120 g), cut into sticks  
½ cucumber (150 g), peeled and cut into sticks  
2 stalks of celery (130 g), cut into sticks  
**PhenylAde® GMP MIX-IN/TYR Lophlex® GMP MIX-IN**, 1 pouch added to an individual serving (see directions)

## DIRECTIONS

1. Pierce the whole eggplant 4-5 times with a fork or knife.
2. Place on a microwave-safe dish and microwave on high for 6 minutes or until fork tender.
3. Allow to cool, then remove the peel and discard.
4. Roughly chop the remaining eggplant and place in a blender. Add the garlic and blend on a medium setting for 1 minute.
5. Add the remaining 1 tbsp of olive oil to the blender, and pulse on a medium setting for an additional 30 seconds.
6. Separate your portion and add 1 pouch of **PhenylAde/TYR Lophlex GMP MIX-IN**. Whisk until uniform.
7. Top the eggplant dip with cilantro and serve with fresh vegetable sticks.

## NUTRITION INFORMATION

Per recipe (dip only)		Per serving (dip only)	
Calories	327 kcal	Calories	164 kcal
Protein	2.5 g	Protein	1.3 g
Phenylalanine	98 mg	Phenylalanine	49 mg
Tyrosine	58 mg	Tyrosine	29 mg

  

Per recipe (dip with veggies)		Per serving (dip with veggies)	
Calories	415 kcal	Calories	208 kcal
Protein	5.4 g	Protein	2.7 g
Phenylalanine	243 mg	Phenylalanine	122 mg
Tyrosine	124 mg	Tyrosine	62 mg

Adding 1 pouch of **PhenylAde GMP MIX-IN** per serving will add 42 calories, 10 g PE and 15.3 mg of PHE.

Adding 1 pouch of **TYR Lophlex GMP MIX-IN** per serving will add 40 calories, 10 g PE, 18 mg of PHE and 3.5 mg of TYR.

The protein content indicated in the recipes are provided as a guide only. Please check the protein content on individual ingredients and food labels. Always consult your metabolic dietitian before making any changes to your low-protein diet.

PhenylAde GMP MIX-IN is a specialized formula from Nutricia North America for the dietary management of proven phenylketonuria (PKU) and must be used under medical supervision.

TYR Lophlex GMP MIX-IN is a specialized formula from Nutricia North America for the dietary management of proven tyrosinemia (TYR) and must be used under medical supervision.

Recipe and food photography by Akeela Jakhura

© 2021 Nutricia North America. All Rights Reserved.  
EDMIEN

