



Best Grilled Vegetable Sandwich



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



200 min.

SERVINGS



2

CALORIES



248 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounces baby mozzarella fresh sliced
- ☐ 0.3 cup basil pesto
- ☐ 0.5 small eggplant
- ☐ 2 servings ground pepper black to taste
- ☐ 1.5 teaspoons olive oil
- ☐ 2 plum tomatoes sliced
- ☐ 1 bell pepper red quartered
- ☐ 0.5 teaspoon salt

☐ 1 small whole-grain baguette split cut into two halves and lengthwise

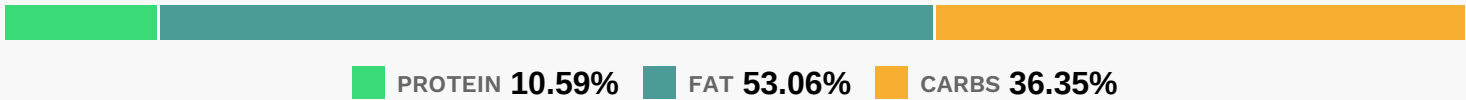
Equipment

- ☐ bowl
- ☐ oven
- ☐ grill
- ☐ toaster

Directions

- ☐ Combine zucchini, eggplant, and red bell pepper in a bowl.
- ☐ Sprinkle salt over the mixture. Set aside to allow the vegetables to tenderize, at least 3 hours.
- ☐ Preheat grill for medium heat and lightly oil the grate.
- ☐ Drain moisture from vegetable mixture.
- ☐ Brush vegetables with olive oil to coat; season with black pepper.
- ☐ Cook vegetables on hot grill until tender, 2 to 3 minutes per side.
- ☐ Transfer to a bowl and set aside.
- ☐ Toast cut sides of baguette in a toaster oven until golden brown, 2 to 3 minutes.
- ☐ Spread basil pesto evenly over toasted surface. Arrange grilled vegetables evenly onto 2 of the baguette halves. Top each with sliced mozzarella and plum tomato slices; top sandwich with the remaining baguette pieces to serve.

Nutrition Facts



Properties

Glycemic Index:88.17, Glycemic Load:4.57, Inflammation Score:-10, Nutrition Score:19.820869694585%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin:

0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 247.92kcal (12.4%), Fat: 15.21g (23.4%), Saturated Fat: 2.53g (15.82%), Carbohydrates: 23.44g (7.81%), Net Carbohydrates: 14.26g (5.19%), Sugar: 12.38g (13.75%), Cholesterol: 2.48mg (0.83%), Sodium: 881.91mg (38.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.83g (13.66%), Vitamin C: 109.85mg (133.15%), Vitamin A: 3464.99IU (69.3%), Fiber: 9.18g (36.73%), Manganese: 0.65mg (32.48%), Vitamin K: 27.85µg (26.53%), Folate: 98.73µg (24.68%), Vitamin B6: 0.41mg (20.75%), Potassium: 674.51mg (19.27%), Vitamin B1: 0.25mg (16.71%), Vitamin B3: 2.88mg (14.4%), Vitamin E: 2.13mg (14.17%), Magnesium: 48.89mg (12.22%), Copper: 0.24mg (12.05%), Phosphorus: 119.22mg (11.92%), Vitamin B2: 0.18mg (10.57%), Iron: 1.73mg (9.62%), Calcium: 85.59mg (8.56%), Zinc: 1.14mg (7.62%), Vitamin B5: 0.63mg (6.26%), Selenium: 1.43µg (2.04%)