



Classic Italian Sub with Roasted Eggplant

READY IN



25 min.

SERVINGS



4

CALORIES



1586 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces capicola hot thinly sliced
- ☐ 4 crusty hoagie rolls cut in half lengthwise
- ☐ 0.5 teaspoon dijon mustard
- ☐ 0.5 eggplant thinly sliced into 1/4-inch slices
- ☐ 8 ounces mozzarella cheese fresh cut into thin slices
- ☐ 1 clove garlic minced
- ☐ 0.3 teaspoon ground pepper fresh black
- ☐ 0.3 head iceberg lettuce shredded
- ☐ 0.5 teaspoon penzey's southwest seasoning dried italian

- ☐ 1 pound mortadella thinly sliced
- ☐ 0.5 cup olive oil
- ☐ 8 ounces pancetta thinly sliced
- ☐ 0.3 cup red wine vinegar
- ☐ 1 pound genoa salami thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 0.3 shallots chopped
- ☐ 1 tablespoon sugar
- ☐ 1 medium tomatoes yellow cut into 1/4-inch slices

Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Lay the eggplant slices on a baking sheet in a single layer and brush liberally with the Homemade Italian Dressing. Roast in the oven until cooked through and golden, 12 to 15 minutes. Build the sandwich on the rolls with the mozzarella first, then the salami, capicola, prosciutto, mortadella, roasted eggplant and top with the lettuce, tomato and a generous drizzle of the Homeade Italian Dressing.
- ☐ Serve while blasting Louis Prima.
- ☐ Place the vinegar, mustard, sugar, Italian seasoning, salt, pepper, garlic and shallots in a blender or food processor. While the machine is running, slowly drizzle the olive oil through the blender top or feed tube until the dressing is combined and emulsified. Adjust the seasoning if necessary; add more oil if you want it less acidic. Store the dressing up to 2 weeks in the fridge.

Nutrition Facts



 PROTEIN **20.78%**  FAT **69.92%**  CARBS **9.3%**

Properties

Glycemic Index:86.02, Glycemic Load:4.75, Inflammation Score:-6, Nutrition Score:39.138260696245%

Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 1586.22kcal (79.31%), Fat: 123.84g (190.53%), Saturated Fat: 45.5g (284.39%), Carbohydrates: 37.03g (12.34%), Net Carbohydrates: 33.3g (12.11%), Sugar: 6.55g (7.27%), Cholesterol: 285.76mg (95.25%), Sodium: 6311.12mg (274.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 82.82g (165.64%), Selenium: 88.04µg (125.78%), Vitamin B1: 1.63mg (108.56%), Vitamin B12: 6.43µg (107.16%), Phosphorus: 713.25mg (71.32%), Vitamin B3: 14.03mg (70.14%), Zinc: 10.03mg (66.87%), Vitamin B2: 0.92mg (53.91%), Vitamin B6: 1.04mg (52.01%), Calcium: 382.64mg (38.26%), Iron: 5.91mg (32.81%), Manganese: 0.61mg (30.39%), Potassium: 1017.05mg (29.06%), Vitamin B5: 2.5mg (24.97%), Folate: 81.88µg (20.47%), Copper: 0.4mg (20.09%), Magnesium: 76.87mg (19.22%), Vitamin K: 19.06µg (18.15%), Fiber: 3.73g (14.92%), Vitamin E: 1.79mg (11.94%), Vitamin A: 592.05IU (11.84%), Vitamin D: 1.59µg (10.58%), Vitamin C: 2.67mg (3.23%)