



Crispy Eggplant and Portobello Mushroom and Cheese Sandwiches

READY IN



40 min.

SERVINGS



4

CALORIES



569 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups arugula
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4.5 inch thick eggplant ()
- ☐ 3 large eggs beaten at room temperature
- ☐ 0.5 cup flour all-purpose
- ☐ 8 ounces gruyère cheese shredded
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons olive oil extra-virgin for drizzling, optional

- ☐ 2 cups panko breadcrumbs
- ☐ 4 diameter portobello mushrooms stemmed
- ☐ 0.8 cup tomato-basil sauce such as giada de laurentiis for target jarred
- ☐ 4.5 inch thick country wheat bread toasted

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Place an oven rack in the center of the oven. Preheat the oven to 450 degrees F. Spray 2 heavy baking sheets with vegetable oil cooking spray or line with silicon baking mats. Set aside.
- ☐ In a medium bowl, mix together the flour, salt and pepper.
- ☐ Place the eggs in another medium bowl.
- ☐ Place the breadcrumbs in a third medium bowl. Toss the eggplant slices and mushrooms in the flour mixture to coat. Working in batches, dip the eggplant slices and mushrooms first in the eggs and then into the breadcrumbs to coat. Arrange in a single layer on the prepared baking sheet.
- ☐ Drizzle with the olive oil, if using, and roast until brown and crisp, about 20 minutes.
- ☐ To assemble the sandwiches, spread each slice of bread with 2 tablespoons of tomato-basil sauce.
- ☐ Place the mushrooms on top.
- ☐ Add 1/4 cup of cheese and 1/2 cup of arugula.
- ☐ Place the eggplant slices on top. Spoon 1 tablespoon of tomato-basil sauce on top of the eggplant. Repeat for the remaining sandwiches and serve.

Nutrition Facts



 **PROTEIN 21.26%**  **FAT 49.11%**  **CARBS 29.63%**

Properties

Glycemic Index:69.17, Glycemic Load:10.4, Inflammation Score:-7, Nutrition Score:27.767825997394%

Flavonoids

Delphinidin: 2.45mg, Delphinidin: 2.45mg, Delphinidin: 2.45mg, Delphinidin: 2.45mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 568.83kcal (28.44%), Fat: 31.22g (48.03%), Saturated Fat: 13.34g (83.39%), Carbohydrates: 42.39g (14.13%), Net Carbohydrates: 38.22g (13.9%), Sugar: 6.77g (7.53%), Cholesterol: 201.87mg (67.29%), Sodium: 1051.91mg (45.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.41g (60.81%), Selenium: 49.27µg (70.39%), Calcium: 690.57mg (69.06%), Phosphorus: 601.04mg (60.1%), Vitamin B2: 0.68mg (39.71%), Vitamin B3: 7.51mg (37.54%), Vitamin B1: 0.56mg (37.48%), Manganese: 0.66mg (32.99%), Folate: 124.96µg (31.24%), Zinc: 3.91mg (26.07%), Copper: 0.49mg (24.28%), Vitamin B12: 1.39µg (23.13%), Vitamin B5: 2.28mg (22.84%), Iron: 4.06mg (22.54%), Vitamin A: 1076.29IU (21.53%), Vitamin K: 21.72µg (20.68%), Potassium: 664.28mg (18.98%), Vitamin B6: 0.36mg (18.07%), Fiber: 4.17g (16.7%), Vitamin E: 2.25mg (14.97%), Magnesium: 57.85mg (14.46%), Vitamin D: 1.34µg (8.95%), Vitamin C: 5.74mg (6.95%)