



Eggplant and Goat Cheese Sandwiches

 Vegetarian

READY IN



40 min.

SERVINGS



2

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup baby arugula
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 4 ounce ciabatta bread
- ☐ 8 slices eggplant (1/2-inch-thick)
- ☐ 2 ounces goat cheese soft
- ☐ 2 teaspoons olive oil divided
- ☐ 2 tablespoons pesto refrigerated
- ☐ 1 large bell pepper red

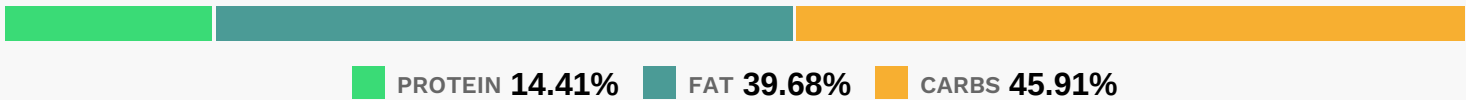
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ Arrange eggplant slices in a single layer on a foil-lined baking sheet.
- ☐ Brush both sides of eggplant with 1 teaspoon oil.
- ☐ Cut bell pepper in half lengthwise; discard seeds and membrane. Arrange bell pepper halves, skin sides up, on baking sheet with eggplant; flatten with hand. Broil 4 minutes; turn eggplant over (do not turn bell pepper over). Broil an additional 4 minutes; remove eggplant from pan. Broil bell pepper an additional 7 minutes or until blackened.
- ☐ Place bell pepper in a zip-top plastic bag; seal.
- ☐ Let stand for 15 minutes; peel and discard skin.
- ☐ Broil bread slices for 2 minutes or until lightly browned, turning once.
- ☐ Spread 1 tablespoon pesto on each of 2 bread slices.
- ☐ Layer each bread slice, pesto side up, with 2 eggplant slices, 1 bell pepper half, and 2 eggplant slices. Toss arugula with remaining 1 teaspoon oil and black pepper; divide arugula mixture evenly between sandwiches.
- ☐ Spread 2 tablespoons goat cheese over each of 2 remaining bread slices; place, cheese side down, on sandwiches.

Nutrition Facts



Properties

Glycemic Index:63, Glycemic Load:2.56, Inflammation Score:-10, Nutrition Score:19.279130443283%

Flavonoids

Delphinidin: 143.96mg, Delphinidin: 143.96mg, Delphinidin: 143.96mg, Delphinidin: 143.96mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 364.23kcal (18.21%), Fat: 16.54g (25.45%), Saturated Fat: 5.99g (37.42%), Carbohydrates: 43.06g (14.35%), Net Carbohydrates: 35.24g (12.82%), Sugar: 10.31g (11.46%), Cholesterol: 14.24mg (4.75%), Sodium: 531.85mg (23.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.52g (27.04%), Vitamin C: 110.16mg (133.52%), Vitamin A: 3439.29IU (68.79%), Fiber: 7.82g (31.27%), Manganese: 0.56mg (27.9%), Vitamin B6: 0.46mg (22.91%), Vitamin K: 23.92µg (22.78%), Folate: 87.8µg (21.95%), Copper: 0.37mg (18.34%), Potassium: 603.71mg (17.25%), Vitamin E: 2.47mg (16.47%), Vitamin B2: 0.25mg (14.61%), Phosphorus: 139.61mg (13.96%), Magnesium: 42.81mg (10.7%), Vitamin B3: 2.05mg (10.23%), Calcium: 101.29mg (10.13%), Vitamin B5: 0.97mg (9.7%), Vitamin B1: 0.13mg (8.95%), Iron: 1.55mg (8.58%), Zinc: 0.78mg (5.22%), Selenium: 1.42µg (2.02%)