



Eggplant and Pepper Parmesan Sandwiches

READY IN



25 min.

SERVINGS



4

CALORIES



262 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 eggplant seeded cut lengthwise into 1/4 inch slices
- ☐ 1 baguette french
- ☐ 2 ounces goat cheese soft
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 bell pepper red sliced into thin strips
- ☐ 4 servings salt and pepper to taste

Equipment

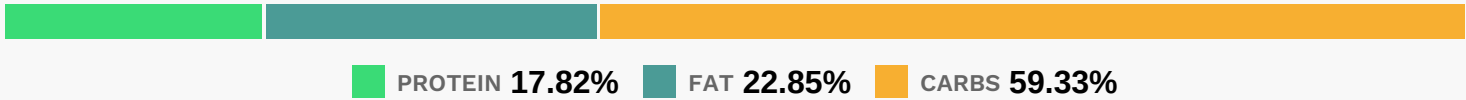
- ☐ baking sheet

- ☐ oven
- ☐ broiler

Directions

- ☐ Preheat the oven broiler.
- ☐ Place the eggplant and red bell pepper on a medium baking sheet, and season with salt and pepper. Broil 5 to 10 minutes, until tender and slightly browned.
- ☐ Cut baguette in half lengthwise.
- ☐ Spread bottom half with goat cheese, followed by tapenade.
- ☐ Layer with eggplant and red pepper, then sprinkle with Parmesan cheese. Cover with top half of baguette.
- ☐ Cut into 4 pieces.
- ☐ Serve hot or cold.

Nutrition Facts



Properties

Glycemic Index:33.44, Glycemic Load:21.99, Inflammation Score:-8, Nutrition Score:16.113043378229%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 261.97kcal (13.1%), Fat: 6.74g (10.37%), Saturated Fat: 3.43g (21.45%), Carbohydrates: 39.36g (13.12%), Net Carbohydrates: 33.99g (12.36%), Sugar: 8.35g (9.28%), Cholesterol: 11.96mg (3.99%), Sodium: 745.06mg (32.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.82g (23.65%), Vitamin C: 40.6mg (49.21%), Manganese: 0.61mg (30.45%), Vitamin B1: 0.44mg (29.07%), Folate: 107.83µg (26.96%), Vitamin A: 1158.3IU (23.17%), Fiber: 5.37g (21.49%), Vitamin B2: 0.34mg (20.22%), Vitamin B3: 3.94mg (19.69%), Selenium: 13.71µg (19.58%), Phosphorus: 170.5mg (17.05%), Iron: 2.85mg (15.81%), Calcium: 153.23mg (15.32%), Vitamin B6: 0.29mg (14.41%), Copper: 0.28mg (13.99%), Potassium: 417.7mg (11.93%), Magnesium: 40.31mg (10.08%), Zinc: 1.15mg (7.69%), Vitamin B5: 0.77mg (7.69%), Vitamin K: 7.7µg (7.33%), Vitamin E: 1.05mg (7.01%), Vitamin B12: 0.11µg (1.86%)