



Eggplant-and-Portobello Mushroom Melts

 Vegetarian

READY IN



12 min.

SERVINGS



4

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinaigrette divided (such as Wish-Bone)
- ☐ 32 ounces eggplant peeled ()
- ☐ 2 tablespoons basil fresh chopped
- ☐ 8 ounce onion rolls halved
- ☐ 10 ounces portabello mushrooms
- ☐ 2 ounce provolone cheese
- ☐ 0.3 cup bottled roasted bell peppers red chopped
- ☐ 0.5 cup spinach leaves

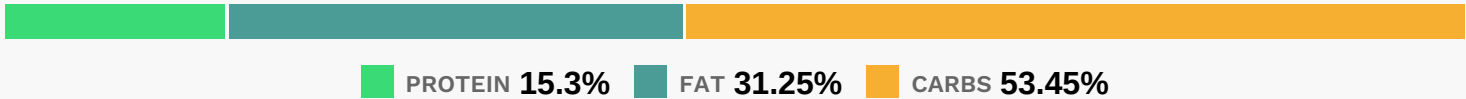
Equipment

- ☐ knife
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Remove stems from mushrooms; discard stems.
- ☐ Remove brown gills from the undersides of mushrooms using a sharp knife; discard gills.
- ☐ Place mushrooms and eggplant on a broiler pan; brush vegetables with 1 tablespoon vinaigrette. Broil 6 minutes. Turn vegetables over; brush with 1 tablespoon vinaigrette. Broil for an additional 5 minutes or until tender.
- ☐ Combine bell peppers and basil. Spoon 1 tablespoon pepper mixture over each eggplant slice. Top each mushroom with 1 cheese slice. Broil for 1 minute or until cheese melts.
- ☐ Brush 2 tablespoons vinaigrette evenly over the cut sides of rolls. Arrange the spinach evenly on bottom halves of rolls. Top each roll half with 1 mushroom and 1 eggplant slice; cover with roll tops.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:2.07, Inflammation Score:-7, Nutrition Score:18.197826121164%

Flavonoids

Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 334.72kcal (16.74%), Fat: 12.01g (18.48%), Saturated Fat: 3.04g (19.01%), Carbohydrates: 46.22g (15.41%), Net Carbohydrates: 36.87g (13.41%), Sugar: 13.2g (14.67%), Cholesterol: 9.78mg (3.26%), Sodium: 681.35mg

(29.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.23g (26.45%), Fiber: 9.35g (37.38%), Folate: 137.21µg (34.3%), Vitamin B3: 6.46mg (32.32%), Manganese: 0.64mg (31.78%), Vitamin K: 30.51µg (29.06%), Potassium: 833.56mg (23.82%), Selenium: 15.98µg (22.84%), Vitamin B2: 0.38mg (22.32%), Vitamin B1: 0.31mg (20.57%), Phosphorus: 205.43mg (20.54%), Copper: 0.41mg (20.51%), Calcium: 196.94mg (19.69%), Iron: 3.06mg (17%), Vitamin B6: 0.33mg (16.51%), Vitamin B5: 1.52mg (15.21%), Vitamin A: 626.79IU (12.54%), Vitamin C: 10.29mg (12.48%), Magnesium: 40.29mg (10.07%), Zinc: 1.24mg (8.27%), Vitamin E: 0.81mg (5.41%), Vitamin B12: 0.24µg (4.04%), Vitamin D: 0.28µg (1.89%)