



Eggplant and Smoked-Gouda Open-Faced Grilled Sandwiches

 Vegetarian

READY IN



1500 min.

SERVINGS



4

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 3 inch bread country-style (from an 8-inch round loaf)
- ☐ 2 lb eggplants
- ☐ 0.3 cup flat-leaf parsley fresh finely chopped
- ☐ 8 oz cheese such as gouda smoked
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.8 teaspoons salt

- ☐ 2.5 cups tomatoes finely chopped
- ☐ 1 tablespoon white-wine vinegar

Equipment

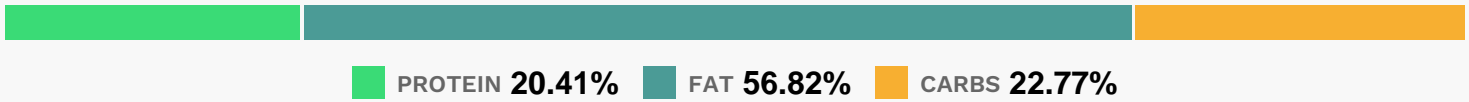
- ☐ bowl
- ☐ baking sheet
- ☐ knife
- ☐ plastic wrap
- ☐ grill
- ☐ broiler
- ☐ spatula
- ☐ grill pan
- ☐ peeler

Directions

- ☐ Prepare grill for cooking over direct heat with medium-hot charcoal (moderate heat for gas); see Grilling Procedure.
- ☐ While grill is heating, stir together tomatoes, parsley, 2 tablespoons oil, vinegar, pepper, and 3/4 teaspoon salt in a medium bowl.
- ☐ With a cheese plane or vegetable peeler, shave half of cheese into thin slices (if using mozzarella, thinly slice half of it with a knife) and cover slices with plastic wrap, reserving remaining piece for another use.
- ☐ Brush bread on both sides with 1 tablespoon oil per slice.
- ☐ Trim off top and bottom of each eggplant, then cut 2 (1-inch-thick) slices lengthwise from center of each eggplant, discarding remainder.
- ☐ Brush cut sides with 3 tablespoons oil (total) and sprinkle with remaining 1/2 teaspoon salt.
- ☐ Lightly oil grill rack, then grill eggplant slices (covered only if using a gas grill), loosening with a metal spatula and turning occasionally to avoid overbrowning, until very tender, 8 to 10 minutes. While eggplant is grilling, grill bread, turning over once, until grill marks form, 1 to 2 minutes total, and transfer to a large platter.

- ☐ Transfer eggplant to platter, then top evenly with sliced cheese and return to grill and cook, covered for charcoal or gas, without turning, until cheese begins to melt, about 1 minute.
- ☐ Transfer eggplant with spatula to platter.
- ☐ Transfer grilled bread to 4 plates and spoon tomato mixture on top.
- ☐ Drizzle evenly with remaining tablespoon oil and top with eggplant. Season with pepper to taste.
- ☐ · If you can't grill outdoors, bread and eggplant can be cooked in 2 batches on a lightly oiled well-seasoned large (2-burner) ridged grill pan over moderate heat. Grill eggplant, turning occasionally, 10 to 13 minutes, then top with cheese.
- ☐ Transfer eggplant to a large baking sheet and broil about 3 inches from preheated broiler until cheese is just melted, about 1 minute.· Tomato mixture can be made 30 minutes ahead and kept at room temperature.

Nutrition Facts



Properties

Glycemic Index:54.42, Glycemic Load:3.8, Inflammation Score:-9, Nutrition Score:21.443912967392%

Flavonoids

Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 330.96kcal (16.55%), Fat: 21.65g (33.31%), Saturated Fat: 10.85g (67.81%), Carbohydrates: 19.53g (6.51%), Net Carbohydrates: 11.34g (4.13%), Sugar: 11.86g (13.17%), Cholesterol: 64.64mg (21.55%), Sodium: 921.15mg (40.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.5g (35.01%), Vitamin K: 81.85µg (77.95%), Calcium: 435.83mg (43.58%), Phosphorus: 391.69mg (39.17%), Manganese: 0.7mg (35.1%), Fiber: 8.18g (32.74%), Vitamin A: 1464.42IU (29.29%), Vitamin C: 22.76mg (27.59%), Potassium: 837.07mg (23.92%), Folate: 83.13µg (20.78%), Zinc: 2.8mg (18.65%), Vitamin B2: 0.3mg (17.64%), Vitamin B6: 0.32mg (15.83%), Magnesium: 61.68mg (15.42%), Vitamin B12: 0.87µg (14.55%), Vitamin E: 2.13mg (14.21%), Copper: 0.27mg (13.58%), Selenium: 9.47µg (13.53%), Vitamin B3: 2.22mg (11.1%), Vitamin B1: 0.15mg (10.08%), Vitamin B5: 0.95mg (9.47%), Iron: 1.29mg (7.14%), Vitamin D: 0.28µg (1.89%)