



Eggplant On French Bread With Tomato-Kalamata Salsa

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



207 kcal

Ingredients

- ☐ 4 ounce diagonally cut bread french (3/)
- ☐ 2 inch diagonally cut eggplant unpeeled
- ☐ 0.3 cup basil leaves fresh chopped
- ☐ 12 kalamata olives pitted chopped
- ☐ 1 tablespoon olive oil
- ☐ 4 ounces part-skim mozzarella cheese shredded
- ☐ 1.5 teaspoons red wine vinegar
- ☐ 1 large tomatoes seeded chopped

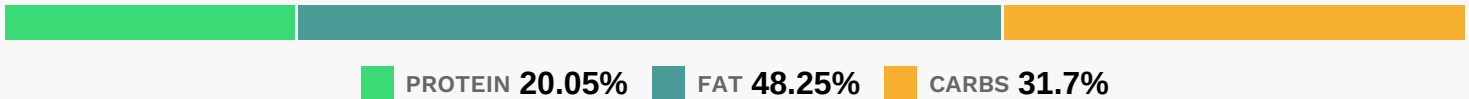
Equipment

- ☐ bowl
- ☐ baking sheet

Directions

- ☐ Combine first 4 ingredients in a medium bowl; toss well. Set aside.
- ☐ Arrange bread, cut side up, on an ungreased baking sheet. Broil 5 1/2 inches from heat 3 minutes or until lightly toasted.
- ☐ Arrange eggplant in a single layer on a baking sheet.
- ☐ Brush eggplant evenly with olive oil. Broil 3 inches from heat 2 minutes on each side or until golden.
- ☐ Top each bread slice with 2 tablespoons olive mixture, 1 eggplant slice, 2 additional tablespoons olive mixture, and 1/4 cup cheese. Broil 5 inches from heat 1 1/2 minutes or until lightly browned. Allow to stand 3 minutes.

Nutrition Facts



Properties

Glycemic Index:49.17, Glycemic Load:7.73, Inflammation Score:-6, Nutrition Score:9.5860869081124%

Flavonoids

Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 207.35kcal (10.37%), Fat: 11.24g (17.29%), Saturated Fat: 3.81g (23.78%), Carbohydrates: 16.61g (5.54%), Net Carbohydrates: 14.47g (5.26%), Sugar: 3.26g (3.62%), Cholesterol: 18.14mg (6.05%), Sodium: 499.38mg (21.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.51g (21.02%), Calcium: 271.72mg (27.17%), Manganese: 0.42mg (20.97%), Phosphorus: 180.8mg (18.08%), Selenium: 12.36µg (17.66%), Vitamin K: 16.06µg (15.29%), Vitamin A: 668.9IU (13.38%), Vitamin B2: 0.17mg (9.93%), Vitamin B3: 1.94mg (9.7%), Vitamin B1: 0.14mg

(9.48%), Folate: 35.47µg (8.87%), Vitamin E: 1.32mg (8.8%), Fiber: 2.15g (8.58%), Vitamin C: 6.69mg (8.11%), Zinc: 1.18mg (7.85%), Iron: 1.36mg (7.55%), Magnesium: 26mg (6.5%), Potassium: 186.24mg (5.32%), Copper: 0.1mg (4.96%), Vitamin B6: 0.1mg (4.78%), Vitamin B12: 0.23µg (3.87%), Vitamin B5: 0.31mg (3.06%)