



Eggplant, Red Pepper, and Fontina Panini with Spinach Salad

READY IN



45 min.

SERVINGS



4

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 ounce baby spinach
- ☐ 1 tablespoon balsamic vinegar
- ☐ 8.5 inch sandwich bread white
- ☐ 14 ounce eggplant
- ☐ 8 ounces fontina thinly sliced
- ☐ 4 tablespoons basil fresh chopped
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 4 teaspoons oregano fresh chopped

- ☐ 8 tablespoons parmesan cheese grated
- ☐ 2 large bell pepper red cut lengthwise into 1 1/2- to 2-inch-wide strips

Equipment

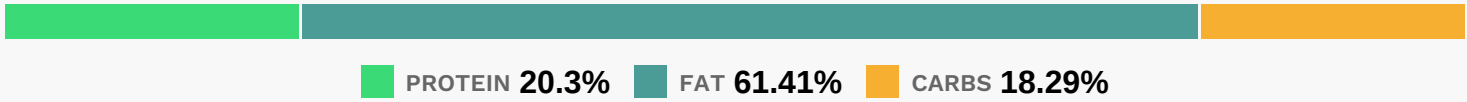
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ grill
- ☐ spatula
- ☐ panini press

Directions

- ☐ Brush panini press, panini pan, or grill rack with oil; heat press, pan, or barbecue (medium-high heat).
- ☐ Brush eggplant rounds and pepper strips with oil; sprinkle with salt and pepper. Working in batches, grill eggplant until tender, turning occasionally, about 6 minutes. Working in batches, grill bell peppers until tender, turning occasionally and flattening with back of spatula for even cooking, about 6 minutes.
- ☐ Place 8 eggplant rounds and 8 bell pepperstrips on rimmed baking sheet.
- ☐ Place remaining eggplant and peppers on work surface and slice thinly; reserve for salad.
- ☐ Place 4 bread slices on work surface. Divide half of Fontina cheese among bread slices; top each with 2 eggplant rounds, 2 tablespoons Parmesan cheese, 1 tablespoon basil, and 1 teaspoon oregano. Top each with 2 bell pepper strips. Arrange remaining Fontina cheese atop peppers, then top with remaining bread slices, pressing to compact. DO AHEAD: Can be made 2 hours ahead. Cover with plastic and let stand at room temperature.
- ☐ Heat panini press, panini pan, or barbecue (medium-high heat).
- ☐ Brushpress or pan with oil (if using barbecue, lightly brush bread slices with oil).
- ☐ Place sandwiches in press or pan or on grill; cover and cook until bread is golden and cheese is melted, about 5 minutes per side.

- ☐ Meanwhile, whisk 2 tablespoons extra-virgin olive oil and vinegar in large bowl; season totaste with salt and pepper.
- ☐ Add spinach, thinly sliced eggplant, and thinly sliced peppers; toss to coat. Season salad to taste with salt and pepper.
- ☐ Cut sandwiches in half.
- ☐ Serve with spinach salad.

Nutrition Facts



Properties

Glycemic Index:80.19, Glycemic Load:4.56, Inflammation Score:-10, Nutrition Score:30.871304325435%

Flavonoids

Delphinidin: 85.02mg, Delphinidin: 85.02mg, Delphinidin: 85.02mg, Delphinidin: 85.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 2.28mg, Kaempferol: 2.28mg, Kaempferol: 2.28mg, Kaempferol: 2.28mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 402.67kcal (20.13%), Fat: 28.29g (43.52%), Saturated Fat: 13.58g (84.89%), Carbohydrates: 18.95g (6.32%), Net Carbohydrates: 12.47g (4.53%), Sugar: 8.96g (9.95%), Cholesterol: 74.47mg (24.82%), Sodium: 689.24mg (29.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.04g (42.09%), Vitamin K: 205.25µg (195.48%), Vitamin C: 117.51mg (142.43%), Vitamin A: 6656.9IU (133.14%), Calcium: 498.02mg (49.8%), Manganese: 0.82mg (40.81%), Folate: 144.39µg (36.1%), Phosphorus: 333.02mg (33.3%), Vitamin E: 3.92mg (26.12%), Fiber: 6.48g (25.94%), Vitamin B6: 0.48mg (23.76%), Zinc: 3.09mg (20.6%), Vitamin B2: 0.35mg (20.51%), Potassium: 694.63mg (19.85%), Selenium: 13.8µg (19.72%), Vitamin B12: 1.09µg (18.13%), Magnesium: 71.78mg (17.95%), Iron: 2.77mg (15.36%), Vitamin B3: 2.16mg (10.82%), Vitamin B1: 0.16mg (10.45%), Copper: 0.19mg (9.33%), Vitamin B5: 0.89mg (8.89%), Vitamin D: 0.39µg (2.6%)