



Eggplant Sandwich for me and my Blog

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



246 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 large eggs beaten ()
- ☐ 4 ounce feta cheese crumbled ()
- ☐ 1 large globe eggplant
- ☐ 0.5 cup olive oil as needed ()
- ☐ 1 cup panko breadcrumbs
- ☐ 4 pinch salt

Equipment

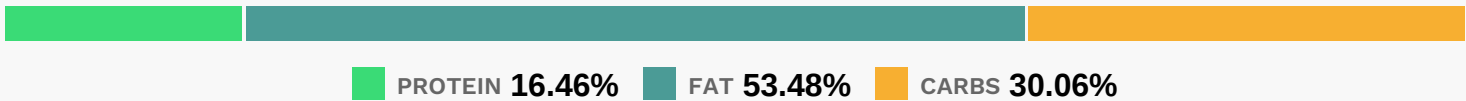
- ☐ frying pan

☐ paper towels

Directions

- ☐ Slice both ends off the eggplant and discard them.
- ☐ Cut the remaining eggplant into 8 slices approximately ½-inch thick; set aside.
- ☐ Heat about half the olive oil in a large heavy bottomed or cast iron skillet set over medium heat until the oil shimmers and is nearly smoking. Fry the eggplant slices in 2 batches until nicely browned on both sides and softened somewhat. Don't cook them until they're mushy however.
- ☐ Drain the browned slices on a paper towel lined plate. Carefully add the remaining oil to the skillet. There should be a scant 1/8-inch slick of oil in the pan. If not add a bit more as needed.
- ☐ Place about ¼ of the crumbled feta on each of 4 browned eggplant slices, then top them sandwich style with the remaining slices. Match them up sizewise as well as possible. Working one at a time, dip each eggplant sandwich in the beaten egg, then coat them with panko; set aside. Once the oil is hot again, gently brown the sandwiches in the hot oil on both sides; about 2 to 3 minutes per side. Give each sandwich a pinch of salt then drain them on a paper towel lined plate a few moments. Once they have cooled enough to handle them (but are still hot) carefully wrap them in parchment sleeves. This will make them easier to eat, as fried eggplant can be quite soft.
- ☐ Serve immediately. Like this: Like Loading...

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:1.29, Inflammation Score:-4, Nutrition Score:12.201304342436%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 246.49kcal (12.32%), Fat: 14.87g (22.88%), Saturated Fat: 5.52g (34.48%), Carbohydrates: 18.81g (6.27%), Net Carbohydrates: 14.7g (5.35%), Sugar: 5.06g (5.63%), Cholesterol: 118.23mg (39.41%), Sodium: 509.64mg

(22.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.3g (20.6%), Vitamin B2: 0.46mg (26.84%), Selenium: 16.05µg (22.93%), Manganese: 0.42mg (20.93%), Phosphorus: 197.27mg (19.73%), Calcium: 191.6mg (19.16%), Fiber: 4.11g (16.44%), Vitamin B1: 0.24mg (16.22%), Folate: 62.06µg (15.52%), Vitamin B6: 0.28mg (13.85%), Vitamin B12: 0.75µg (12.57%), Vitamin B5: 1.06mg (10.62%), Zinc: 1.54mg (10.27%), Vitamin B3: 2.04mg (10.19%), Potassium: 343.74mg (9.82%), Vitamin E: 1.45mg (9.64%), Iron: 1.64mg (9.11%), Vitamin K: 8.83µg (8.41%), Copper: 0.16mg (7.9%), Magnesium: 30.87mg (7.72%), Vitamin A: 280.97IU (5.62%), Vitamin D: 0.61µg (4.09%), Vitamin C: 2.52mg (3.05%)