



Eggplant Sandwiches

 Vegetarian

READY IN



30 min.

SERVINGS



2

CALORIES



467 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 small eggplant halved sliced
- 0.5 cup feta cheese crumbled
- 0.3 cup basil leaves fresh chopped
- 2 cloves garlic minced
- 0.3 cup mayonnaise
- 1 tablespoon olive oil or as needed
- 12 inch sandwich rolls french
- 1 small tomatoes sliced

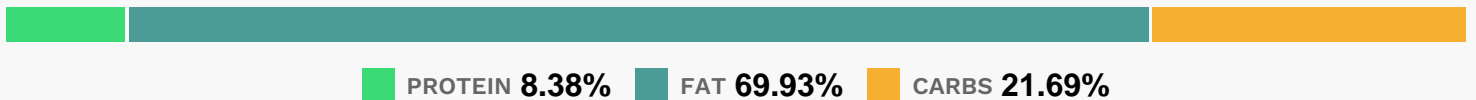
Equipment

- bowl
- frying pan
- baking sheet
- oven
- broiler

Directions

- Preheat your oven's broiler.
- Brush eggplant slices with olive oil, and place them on a baking sheet or broiling pan.
- Place the pan about 6 inches from the heat source. Cook under the broiler for 10 minutes, or until tender and toasted.
- Split the French rolls lengthwise, and toast. In a cup or small bowl, stir together the mayonnaise and garlic.
- Spread this mixture on the toasted bread. Fill the rolls with eggplant slices, tomato, feta cheese and basil leaves.

Nutrition Facts



Properties

Glycemic Index:122.5, Glycemic Load:3.22, Inflammation Score:-8, Nutrition Score:19.546086897021%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 466.91kcal (23.35%), Fat: 37.2g (57.23%), Saturated Fat: 9.42g (58.85%), Carbohydrates: 25.95g (8.65%), Net Carbohydrates: 18.08g (6.57%), Sugar: 9.75g (10.83%), Cholesterol: 45.13mg (15.05%), Sodium: 695.83mg (30.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.03g (20.06%), Vitamin K: 74.73µg (71.17%), Manganese: 0.75mg (37.52%), Fiber: 7.88g (31.51%), Vitamin B2: 0.47mg (27.76%), Calcium: 237.56mg (23.76%), Phosphorus: 219.65mg (21.96%), Vitamin B6: 0.44mg (21.86%), Folate: 87.21µg (21.8%), Vitamin E: 3.02mg (20.11%), Potassium: 698.5mg (19.96%), Selenium: 13.35µg (19.07%), Vitamin B1: 0.25mg (16.44%), Vitamin C: 12.75mg (15.45%), Vitamin A: 766.66IU (15.33%), Vitamin B3: 2.82mg (14.11%), Copper: 0.28mg (13.75%), Magnesium: 51.25mg (12.81%), Vitamin B5: 1.18mg (11.81%), Zinc: 1.77mg (11.79%), Vitamin B12: 0.67µg (11.12%), Iron: 1.64mg (9.1%), Vitamin D: 0.21µg (1.37%)