



Eggplant Sandwiches

 Vegetarian

READY IN



30 min.

SERVINGS



2

CALORIES



406 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 small eggplant halved sliced
- 0.5 cup feta cheese crumbled
- 0.3 cup basil fresh chopped
- 0.3 cup basil fresh chopped
- 2 cloves garlic minced
- 0.3 cup mayonnaise
- 12 inch sandwich rolls french
- 1 small tomatoes sliced

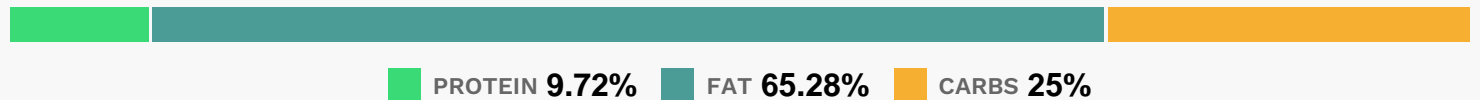
Equipment

- 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:157.5, Glycemic Load:3.24, Inflammation Score:-8, Nutrition Score:20.009999902352%

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 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: 405.72kcal (20.29%), Fat: 30.22g (46.49%), Saturated Fat: 8.45g (52.82%), Carbohydrates: 26.03g (8.68%), Net Carbohydrates: 18.11g (6.58%), Sugar: 9.76g (10.84%), Cholesterol: 45.13mg (15.05%), Sodium:

695.81mg (30.25%), Alcohol: Og (100%), Protein: 10.13g (20.25%), Vitamin K: 82.97µg (79.02%), Manganese: 0.78mg (39.24%), Fiber: 7.93g (31.7%), Vitamin B2: 0.47mg (27.9%), Calcium: 242.8mg (24.28%), Folate: 89.25µg (22.31%), Phosphorus: 221.32mg (22.13%), Vitamin B6: 0.44mg (22.09%), Potassium: 707.28mg (20.21%), Selenium: 13.36µg (19.08%), Vitamin A: 924.91IU (18.5%), Vitamin B1: 0.25mg (16.51%), Vitamin C: 13.29mg (16.11%), Copper: 0.29mg (14.33%), Vitamin B3: 2.85mg (14.25%), Vitamin E: 2.03mg (13.55%), Magnesium: 53.17mg (13.29%), Zinc: 1.79mg (11.95%), Vitamin B5: 1.19mg (11.88%), Vitamin B12: 0.67µg (11.12%), Iron: 1.69mg (9.41%), Vitamin D: 0.21µg (1.37%)