



Eggplant Sandwiches with Spinach and Fontina

 Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



220 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 3 large egg whites lightly beaten
- ☐ 2 pound eggplants peeled cut into 28 (1/2-inch-thick) slices
- ☐ 0.3 cup milk fat-free
- ☐ 2 ounces fontina shredded
- ☐ 2 garlic cloves minced

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 14 lemon wedges
- ☐ 4 teaspoons olive oil divided
- ☐ 1.5 cups onion finely chopped
- ☐ 2 tablespoons parmesan cheese fresh grated
- ☐ 1 cup polenta dry
- ☐ 1 teaspoon sea salt divided
- ☐ 10 ounce pkt spinach fresh
- ☐ 1 cup water

Equipment

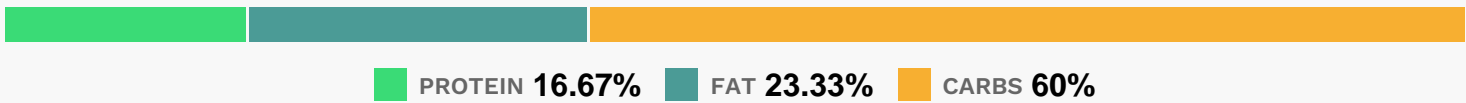
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ whisk
- ☐ broiler
- ☐ dutch oven

Directions

- ☐ Preheat broiler.
- ☐ Sprinkle eggplant with 1/2 teaspoon salt.
- ☐ Place half of eggplant on a baking sheet; broil 5 minutes on each side or until lightly browned. Repeat procedure with remaining eggplant.
- ☐ Bring water to a boil in a large Dutch oven.
- ☐ Add spinach; cover and cook 2 minutes or until wilted.
- ☐ Drain well.
- ☐ Place spinach on several layers of paper towels; cover with additional paper towels.
- ☐ Let stand 5 minutes, pressing down occasionally. Coarsely chop spinach.

- ☐ Heat a medium skillet coated with cooking spray over medium heat.
- ☐ Add onion, red pepper, and garlic; cook 4 minutes or until onion is tender, stirring occasionally. Stir in lemon juice; cook 30 seconds or until liquid evaporates.
- ☐ Combine onion mixture and chopped spinach in a bowl; stir in 1/2 teaspoon salt and black pepper.
- ☐ Combine fontina and Parmesan in a small bowl. Working with 1 eggplant slice at a time, spread about 2 1/2 tablespoons spinach mixture evenly over each of 14 eggplant slices; sprinkle each with about 2 teaspoons cheese mixture. Cover with remaining eggplant slices, and gently press together.
- ☐ Combine milk and egg whites in a medium bowl, stirring with a whisk. Working with 1 sandwich at a time, brush both sides of each sandwich with milk mixture, and dredge in polenta.
- ☐ Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add half of sandwiches; cook 5 minutes on each side or until browned. Repeat procedure with 2 teaspoons oil and remaining sandwiches.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:37.68, Glycemic Load:2.89, Inflammation Score:-10, Nutrition Score:21.773912865183%

Flavonoids

Delphinidin: 111.05mg, Delphinidin: 111.05mg, Delphinidin: 111.05mg, Delphinidin: 111.05mg Eriodictyol: 7.79mg, Eriodictyol: 7.79mg, Eriodictyol: 7.79mg, Eriodictyol: 7.79mg Hesperetin: 10.35mg, Hesperetin: 10.35mg, Hesperetin: 10.35mg, Hesperetin: 10.35mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg Kaempferol: 2.82mg, Kaempferol: 2.82mg, Kaempferol: 2.82mg, Kaempferol: 2.82mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 9.05mg, Quercetin: 9.05mg, Quercetin: 9.05mg, Quercetin: 9.05mg

Nutrients (% of daily need)

Calories: 220.11kcal (11.01%), Fat: 6.04g (9.3%), Saturated Fat: 2.25g (14.05%), Carbohydrates: 34.98g (11.66%), Net Carbohydrates: 28.15g (10.24%), Sugar: 8g (8.89%), Cholesterol: 10.63mg (3.54%), Sodium: 488.13mg (21.22%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.72g (19.43%), Vitamin K: 202.25µg (192.62%), Vitamin A: 4030.56IU (80.61%), Vitamin C: 36.95mg (44.78%), Manganese: 0.77mg (38.66%), Folate: 120.52µg (30.13%), Fiber: 6.83g (27.3%), Potassium: 707.26mg (20.21%), Magnesium: 67.97mg (16.99%), Vitamin B6: 0.32mg (15.99%), Calcium: 147.17mg (14.72%), Vitamin B2: 0.25mg (14.56%), Selenium: 9.63µg (13.75%), Phosphorus: 134.68mg (13.47%), Vitamin E: 1.69mg (11.23%), Iron: 2.02mg (11.2%), Copper: 0.22mg (10.91%), Vitamin B1: 0.15mg (10.15%), Vitamin B3: 1.55mg (7.75%), Vitamin B5: 0.72mg (7.21%), Zinc: 0.98mg (6.56%), Vitamin B12: 0.22µg (3.61%), Vitamin D: 0.15µg (1.01%)