



Fresh Vegetable Po'Boys

 Vegetarian

READY IN



42 min.

SERVINGS



4

CALORIES



233 kcal

SIDE DISH

Ingredients

- 1 tablespoon balsamic vinegar
- 0.5 teaspoon pepper black freshly ground
- 8 ounce bread french
- 1 teaspoon thyme leaves fresh chopped
- 1 garlic head whole
- 1 teaspoon olive oil extra-virgin
- 1.3 ounces part-skim mozzarella cheese shredded
- 2 plum tomatoes quartered

- 1 medium bell pepper red seeded cut into bite-sized pieces
- 1 small onion red cut into 8 wedges
- 0.3 teaspoon salt
- 1 medium baby squash yellow cut into 1/2-inch-thick slices
- 1 medium zucchini cut into 1/2-inch-thick slices

Equipment

- bowl
- frying pan
- baking sheet
- oven
- roasting pan
- spatula
- serrated knife

Directions

- Preheat oven to 47
- Remove white papery skin from garlic head (do not peel or separate the cloves).
- Place in center of a large baking sheet or shallow roasting pan. Arrange zucchini and next 4 ingredients around garlic; spray vegetables with cooking spray.
- Bake at 475 for 15 minutes, and turn vegetables with a spatula.
- Bake an additional 15 minutes or until vegetables are lightly browned and tender.
- Spoon vegetables and pan juices into a bowl. Separate garlic cloves, and squeeze to extract garlic pulp. Discard skins. Stir garlic pulp into vegetables. Stir in vinegar and next 4 ingredients; toss gently.
- Let vegetable mixture stand 10 minutes.
- Split French bread in half lengthwise, cutting to, but not through, other side using a serrated knife. Spoon vegetables onto bread; sprinkle with cheese.
- Bake at 475 for 3 to 4 minutes or until cheese melts.
- Cut into 4 equal pieces.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:95.38, Glycemic Load:24.92, Inflammation Score:-9, Nutrition Score:18.236956552319%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.17mg, Quercetin: 6.17mg, Quercetin: 6.17mg, Quercetin: 6.17mg

Nutrients (% of daily need)

Calories: 232.72kcal (11.64%), Fat: 4.28g (6.59%), Saturated Fat: 1.48g (9.23%), Carbohydrates: 39.63g (13.21%), Net Carbohydrates: 35.74g (13%), Sugar: 8.86g (9.85%), Cholesterol: 5.9mg (1.97%), Sodium: 553.61mg (24.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.54g (21.07%), Vitamin C: 62.5mg (75.75%), Vitamin B1: 0.49mg (32.8%), Manganese: 0.63mg (31.66%), Folate: 120.39µg (30.1%), Vitamin A: 1455.76IU (29.12%), Selenium: 18.03µg (25.75%), Vitamin B2: 0.43mg (25.17%), Vitamin B6: 0.41mg (20.5%), Vitamin B3: 3.73mg (18.63%), Iron: 3.02mg (16.77%), Phosphorus: 165.42mg (16.54%), Fiber: 3.89g (15.56%), Potassium: 520.63mg (14.88%), Calcium: 133.9mg (13.39%), Magnesium: 49.04mg (12.26%), Copper: 0.18mg (9.15%), Zinc: 1.34mg (8.94%), Vitamin K: 9.16µg (8.73%), Vitamin E: 1.04mg (6.93%), Vitamin B5: 0.54mg (5.38%), Vitamin B12: 0.08µg (1.26%)