



Grilled Eggplant-and-Green-Tomato Sandwich with Dijon-Rosemary Spread

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups arugula trimmed
- ☐ 2 tablespoons dijon mustard
- ☐ 1.3 pounds eggplant
- ☐ 5 tablespoons milk fat-free
- ☐ 2 garlic cloves minced
- ☐ 1 ounce goat cheese crumbled
- ☐ 2 tomatoes green cut into 4 slices

- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 cup mayonnaise low-fat
- ☐ 0.3 teaspoon salt
- ☐ 1 ounce sourdough bread
- ☐ 2 teaspoons or dried fresh chopped

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Sprinkle both sides of each eggplant slice with salt.
- ☐ Place eggplant slices on paper towels; let stand 20 minutes. Blot dry with paper towels.
- ☐ Combine mayonnaise and next 5 ingredients (mayonnaise through garlic) in a medium bowl.
- ☐ Remove 1/4 cup mayonnaise mixture; set aside.
- ☐ Add arugula to mayonnaise mixture in bowl; toss gently.
- ☐ Coat both sides of the eggplant slices with cooking spray.
- ☐ Place on grill rack, and grill 5 minutes on each side or until lightly browned.
- ☐ Transfer eggplant to a plate. Coat both sides of tomato slices with cooking spray.
- ☐ Place tomato slices and bread slices on grill rack; grill 2 minutes on each side or until tomato is tender and bread is lightly browned.
- ☐ Place 1 bread slice on each of 4 plates. Top each slice with 1/3 cup arugula mixture, 2 eggplant slices, 2 tomato slices, and 1 tablespoon goat cheese.
- ☐ Drizzle 1 tablespoon reserved mayonnaise mixture over each serving. Top with remaining bread slices.

Nutrition Facts



 **PROTEIN 12.5%**  **FAT 43.03%**  **CARBS 44.47%**

Properties

Glycemic Index:76.94, Glycemic Load:4.6, Inflammation Score:-7, Nutrition Score:12.403478269992%

Flavonoids

Delphinidin: 121.46mg, Delphinidin: 121.46mg, Delphinidin: 121.46mg, Delphinidin: 121.46mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 170.34kcal (8.52%), Fat: 8.61g (13.25%), Saturated Fat: 2.14g (13.4%), Carbohydrates: 20.03g (6.68%), Net Carbohydrates: 14.4g (5.24%), Sugar: 10.16g (11.28%), Cholesterol: 8.3mg (2.77%), Sodium: 549.66mg (23.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.63g (11.26%), Vitamin K: 37.42µg (35.64%), Manganese: 0.53mg (26.35%), Vitamin C: 20.02mg (24.27%), Fiber: 5.62g (22.5%), Vitamin A: 802.89IU (16.06%), Potassium: 556.15mg (15.89%), Folate: 58.46µg (14.61%), Copper: 0.26mg (12.84%), Vitamin B1: 0.18mg (12.16%), Vitamin B6: 0.24mg (11.91%), Phosphorus: 116.82mg (11.68%), Magnesium: 41.07mg (10.27%), Vitamin B2: 0.17mg (10.26%), Selenium: 6.8µg (9.71%), Vitamin B5: 0.94mg (9.38%), Vitamin E: 1.37mg (9.15%), Vitamin B3: 1.71mg (8.55%), Calcium: 85.04mg (8.5%), Iron: 1.4mg (7.77%), Zinc: 0.63mg (4.18%), Vitamin B12: 0.12µg (2.04%), Vitamin D: 0.23µg (1.56%)