



Grilled Eggplant and Mozzarella Sandwiches



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



191 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 large bunches arugula
- ☐ 1.5 tablespoons balsamic vinegar
- ☐ 3 tablespoons basil fresh chopped
- ☐ 1 garlic clove
- ☐ 2 tablespoons olive oil
- ☐ 4 ounces part-skim mozzarella cheese
- ☐ 2 tablespoons pinenuts toasted
- ☐ 2 large tomatoes coarsely chopped

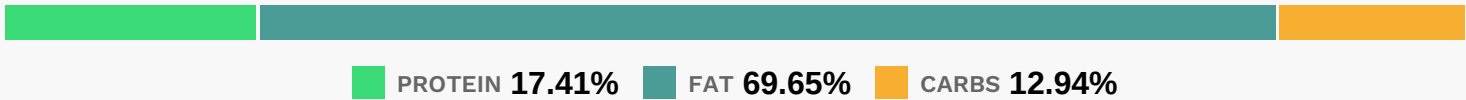
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Spray grill with oil spray and prepare barbecue (medium heat). Spray eggplant on both sides with oil spray; sprinkle with salt and pepper. Grill until tender, turning occasionally, about 10 minutes.
- ☐ Place 1 cheese slice atop each of 4 eggplant slices; top with remaining eggplant slices. Grill until cheese melts, about 2 minutes.
- ☐ Whisk oil, vinegar and garlic in large bowl. Season with salt and pepper.
- ☐ Add arugula, tomatoes and basil; toss. Divide among 4 plates.
- ☐ Sprinkle with pine nuts. Top each with 1 eggplant sandwich.
- ☐ Per serving: calories, 202; total fat, 14 g; saturated fat, 4 g; cholesterol, 16 mg
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:1.53, Inflammation Score:-7, Nutrition Score:9.5743476955787%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 190.91kcal (9.55%), Fat: 15.14g (23.28%), Saturated Fat: 4.11g (25.66%), Carbohydrates: 6.33g (2.11%), Net Carbohydrates: 4.99g (1.82%), Sugar: 3.82g (4.25%), Cholesterol: 18.14mg (6.05%), Sodium: 182.11mg (7.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.51g (17.03%), Manganese: 0.59mg (29.38%), Calcium: 238.9mg (23.89%), Vitamin K: 21.88µg (20.84%), Vitamin A: 998.76IU (19.98%), Phosphorus: 185.5mg (18.55%), Vitamin C: 13.16mg (15.95%), Vitamin E: 2.02mg (13.48%), Zinc: 1.29mg (8.6%), Potassium: 287.25mg (8.21%), Magnesium: 31.42mg (7.85%), Vitamin B2: 0.12mg (6.9%), Copper: 0.14mg (6.86%), Selenium: 4.23µg (6.04%), Vitamin B6: 0.11mg (5.48%), Fiber: 1.33g (5.33%), Folate: 19.91µg (4.98%), Iron: 0.74mg (4.12%), Vitamin B3: 0.81mg (4.06%), Vitamin B1: 0.06mg (3.96%), Vitamin B12: 0.23µg (3.87%), Vitamin B5: 0.13mg (1.31%)