



Grilled Eggplant and Mozzarella Sandwiches



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



192 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 large bunches arugula
- ☐ 1.5 tablespoons balsamic vinegar
- ☐ 8.5 inch eggplant
- ☐ 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

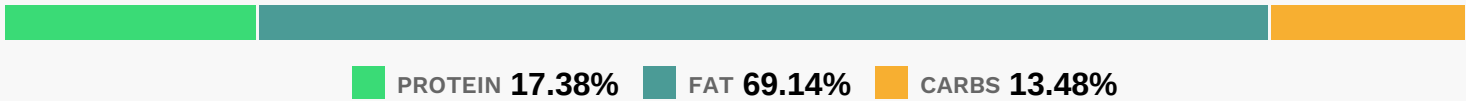
☐ whisk

☐ 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:62.5, Glycemic Load:1.58, Inflammation Score:-7, Nutrition Score:9.7452175021172%

Flavonoids

Delphinidin: 4.63mg, Delphinidin: 4.63mg, Delphinidin: 4.63mg, Delphinidin: 4.63mg 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: 192.26kcal (9.61%), Fat: 15.14g (23.3%), Saturated Fat: 4.11g (25.67%), Carbohydrates: 6.64g (2.21%), Net Carbohydrates: 5.15g (1.87%), Sugar: 4.01g (4.46%), Cholesterol: 18.14mg (6.05%), Sodium: 182.22mg (7.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.57g (17.13%), Manganese: 0.6mg (30%), Calcium: 239.38mg (23.94%), Vitamin K: 22.07µg (21.02%), Vitamin A: 1000.01IU (20%), Phosphorus: 186.79mg (18.68%), Vitamin C: 13.28mg (16.1%), Vitamin E: 2.04mg (13.59%), Zinc: 1.3mg (8.66%), Potassium: 299.61mg (8.56%), Magnesium: 32.17mg (8.04%), Copper: 0.14mg (7.07%), Vitamin B2: 0.12mg (7.02%), Selenium: 4.25µg (6.07%), Fiber: 1.49g (5.98%), Vitamin B6: 0.11mg (5.71%), Folate: 21.1µg (5.28%), Vitamin B3: 0.85mg (4.23%), Iron: 0.75mg (4.19%), Vitamin B1: 0.06mg (4.1%), Vitamin B12: 0.23µg (3.87%), Vitamin B5: 0.15mg (1.46%)