



 **10%**
HEALTH SCORE

Grilled Eggplant and Portobello Mushroom Sandwich

 Vegetarian

READY IN



30 min.

SERVINGS



2

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices bread
- 6 slices eggplant (1/)
- 2 ounces feta cheese fat-free crumbled
- 2 tablespoons salad dressing low-fat italian-style
- 1 large portabello mushrooms cleaned sliced into 1/2-inch strips

Equipment

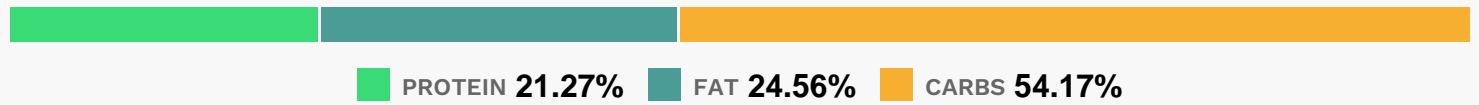
- grill

grill pan

Directions

- Preheat grill or grill pan to medium.
- Spray mushroom and eggplant slices with nonstick cooking spray.
- Place on grill and cook 2 to 3 minutes, turning once, until tender.
- Drizzle with Italian dressing.
- Layer cheese and roasted vegetables evenly between slices of bread, creating 2 sandwiches.
- Return sandwiches to grill. Cook on each side for 1 to 2 minutes or until golden brown and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:44.33, Glycemic Load:15.38, Inflammation Score:-5, Nutrition Score:14.933478284141%

Flavonoids

Delphinidin: 107.97mg, Delphinidin: 107.97mg, Delphinidin: 107.97mg, Delphinidin: 107.97mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 279.72kcal (13.99%), Fat: 7.85g (12.07%), Saturated Fat: 1.21g (7.55%), Carbohydrates: 38.93g (12.98%), Net Carbohydrates: 32.35g (11.76%), Sugar: 10.35g (11.5%), Cholesterol: 10.31mg (3.44%), Sodium: 629.38mg (27.36%), Alcohol: 0g (100%), Protein: 15.29g (30.58%), Manganese: 0.99mg (49.44%), Selenium: 24.32µg (34.74%), Vitamin B3: 5.84mg (29.18%), Vitamin K: 30.42µg (28.97%), Fiber: 6.58g (26.32%), Folate: 87.08µg (21.77%), Vitamin B1: 0.3mg (20.27%), Phosphorus: 156.54mg (15.65%), Copper: 0.31mg (15.25%), Potassium: 528.18mg (15.09%), Vitamin B2: 0.24mg (14.26%), Iron: 2.47mg (13.7%), Vitamin B5: 1.29mg (12.92%), Vitamin B6: 0.23mg (11.51%), Magnesium: 40.6mg (10.15%), Calcium: 83.5mg (8.35%), Zinc: 1.01mg (6.71%), Vitamin C: 2.93mg (3.55%), Vitamin E: 0.49mg (3.29%), Vitamin A: 57.85IU (1.16%)