



WHATSheATE



Grilled Eggplant and Roasted Red Pepper Sandwich with Halloumi

♥ Popular

READY IN



25 min.

SERVINGS



4

CALORIES



580 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons basil pesto
- ☐ 2 large beefsteak tomatoes sliced
- ☐ 8 slices bread
- ☐ 1 medium eggplant sliced
- ☐ 8 ounces halloumi cheese sliced
- ☐ 0.5 juice of lemon
- ☐ 4 servings oil

- ☐ 2 roasted peppers red cut into 4 slices
- ☐ 2 cups salad greens
- ☐ 4 servings salt and pepper

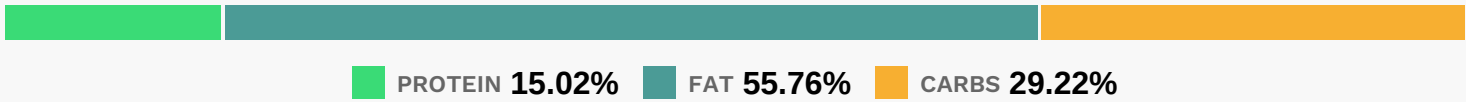
Equipment

- ☐ grill

Directions

- ☐ Lightly brush the eggplant and bread with oil and season the eggplant with salt and pepper.Grill the eggplant over medium high heat until tender, about 2–4 minutes per side.Lightly grill the bread and haloumi on both sides and then hit the halloumi with the lemon juice.Assemble the sandwiches and enjoy!

Nutrition Facts



Properties

Glycemic Index:31.67, Glycemic Load:17.02, Inflammation Score:-9, Nutrition Score:23.553043365479%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 580.43kcal (29.02%), Fat: 36.66g (56.4%), Saturated Fat: 12.12g (75.74%), Carbohydrates: 43.22g (14.41%), Net Carbohydrates: 34.98g (12.72%), Sugar: 12.58g (13.98%), Cholesterol: 1.2mg (0.4%), Sodium: 1548.6mg (67.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.22g (44.43%), Calcium: 698.98mg (69.9%), Manganese: 1.19mg (59.35%), Vitamin C: 40.61mg (49.23%), Vitamin A: 2069.58IU (41.39%), Fiber: 8.24g (32.98%), Vitamin K: 30.16µg (28.73%), Folate: 109.4µg (27.35%), Vitamin B3: 5.1mg (25.49%), Vitamin E: 3.82mg (25.49%), Selenium: 16.61µg (23.73%), Vitamin B1: 0.35mg (23.28%), Potassium: 809.38mg (23.13%), Vitamin B6: 0.34mg (17.25%), Iron: 3.1mg (17.24%), Magnesium: 62.15mg (15.54%), Copper: 0.31mg (15.54%), Phosphorus: 152.32mg (15.23%), Vitamin B2: 0.23mg (13.64%), Vitamin B5: 0.97mg (9.68%), Zinc: 1.13mg (7.55%)