



Grilled Eggplant and Tomato Sandwiches with Roquefort Dressing

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups arugula trimmed
- 0.3 teaspoon pepper black freshly ground
- 1 pound japanese eggplants
- 0.3 cup yogurt plain fat-free
- 2 tablespoons parsley fresh minced
- 1 garlic clove minced
- 1 tablespoon mayonnaise light

- 0.8 ounce roquefort blue crumbled
- 0.3 teaspoon salt
- 1 ounce sourdough bread
- 2 inch tomatoes (2 tomatoes)

Equipment

- bowl
- grill

Directions

- Prepare grill.
- Combine first 5 ingredients in a small bowl, stirring well.
- Trim ends from eggplants.
- Cut each eggplant lengthwise into 3 slices; lightly coat eggplant with cooking spray.
- Place eggplant on grill rack coated with cooking spray; grill 3 minutes on each side or until browned and tender.
- Remove from grill; cut slices crosswise in half.
- Place bread slices on grill rack; grill 3 minutes on each side or until lightly toasted.
- Spread yogurt mixture evenly over 4 toast slices. Top each with 3 eggplant pieces and 2 tomato slices; sprinkle evenly with salt and pepper. Top each with 1/2 cup arugula. Cover with remaining toast slices.

Nutrition Facts



PROTEIN 18.33% **FAT 26.87%** **CARBS 54.8%**

Properties

Glycemic Index:75.38, Glycemic Load:4.03, Inflammation Score:-6, Nutrition Score:9.1469565137573%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg,

Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.52mg, Kaempferol: 3.52mg, Kaempferol: 3.52mg, Kaempferol: 3.52mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 88.18kcal (4.41%), Fat: 2.8g (4.3%), Saturated Fat: 1.22g (7.64%), Carbohydrates: 12.84g (4.28%), Net Carbohydrates: 8.99g (3.27%), Sugar: 5.92g (6.58%), Cholesterol: 4.85mg (1.62%), Sodium: 296.18mg (12.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.29g (8.59%), Vitamin K: 50.07µg (47.69%), Manganese: 0.37mg (18.37%), Fiber: 3.85g (15.39%), Folate: 50.53µg (12.63%), Potassium: 377.4mg (10.78%), Vitamin A: 487.27IU (9.75%), Calcium: 93.53mg (9.35%), Phosphorus: 87.8mg (8.78%), Vitamin C: 7.2mg (8.73%), Vitamin B2: 0.14mg (8.25%), Vitamin B1: 0.11mg (7.46%), Magnesium: 28.59mg (7.15%), Vitamin B6: 0.14mg (6.98%), Copper: 0.12mg (6.15%), Vitamin B3: 1.22mg (6.11%), Vitamin B5: 0.59mg (5.93%), Selenium: 3.93µg (5.61%), Iron: 0.87mg (4.85%), Zinc: 0.63mg (4.19%), Vitamin E: 0.51mg (3.41%), Vitamin B12: 0.16µg (2.64%)