



Grilled Eggplant Banh Mi Sandwich



Vegetarian



Vegan



Dairy Free

READY IN



25 min.

SERVINGS



5

CALORIES



468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce bread french cut in half horizontally
- ☐ 1.5 tablespoons cooking oil
- ☐ 2 cups carrots peeled (4 medium)
- ☐ 0.3 cup creamy peanut butter
- ☐ 1 cup cucumber thinly sliced
- ☐ 1.3 pounds eggplant
- ☐ 1 cup cilantro leaves fresh
- ☐ 1 tablespoon ginger fresh minced peeled

- ☐ 0.3 cup spring onion minced
- ☐ 1.5 teaspoons juice of lime fresh
- ☐ 0.5 cup rice vinegar
- ☐ 0.3 teaspoon salt
- ☐ 1.5 tablespoons sugar
- ☐ 2 teaspoons soy sauce yellow (soybean paste)

Equipment

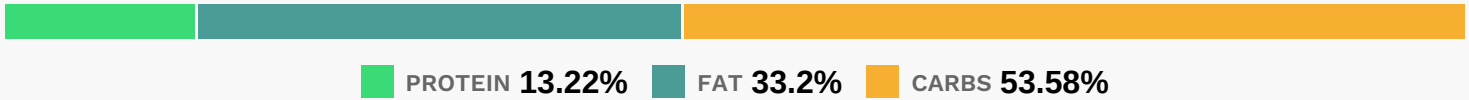
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ grill
- ☐ grill pan

Directions

- ☐ Preheat oven to 37
- ☐ Combine vinegar, sugar, and salt in a bowl, stirring until sugar dissolves.
- ☐ Add carrot; let stand 15 minutes, stirring occasionally.
- ☐ Drain.
- ☐ Heat a grill pan over medium-high heat.
- ☐ Cut eggplant stem off.
- ☐ Cut eggplant lengthwise into 1/4-inch-thick slices; brush with oil. Grill 7 minutes or until tender, turning once.
- ☐ Combine peanut butter, onions, ginger, miso, and juice in a bowl; stir well.
- ☐ Hollow out top and bottom halves of bread, leaving a 1-inch-thick shell; reserve torn bread for another use.
- ☐ Place bread on a baking sheet, cut sides up.
- ☐ Bake at 375 for 5 minutes or until golden brown.

- ☐ Spread bottom half of bread with peanut butter mixture. Arrange eggplant evenly over peanut butter mixture. Arrange carrot mixture and cucumber evenly over eggplant; top with cilantro and jalapeo, if desired.
- ☐ Place top half of bread on sandwich.
- ☐ Cut into 5 equal pieces.

Nutrition Facts



Properties

Glycemic Index:84.92, Glycemic Load:29.17, Inflammation Score:0, Nutrition Score:27.885652346375%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 467.95kcal (23.4%), Fat: 17.66g (27.17%), Saturated Fat: 2.77g (17.29%), Carbohydrates: 64.14g (21.38%), Net Carbohydrates: 54.28g (19.74%), Sugar: 17.75g (19.72%), Cholesterol: 0mg (0%), Sodium: 749.84mg (32.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.82g (31.64%), Vitamin A: 8869.14IU (177.38%), Manganese: 1.75mg (87.47%), Vitamin B3: 8.7mg (43.52%), Selenium: 27.64µg (39.48%), Fiber: 9.86g (39.44%), Vitamin K: 41.12µg (39.16%), Folate: 136.25µg (34.06%), Vitamin B1: 0.49mg (32.72%), Magnesium: 95.44mg (23.86%), Iron: 4.25mg (23.59%), Phosphorus: 234.96mg (23.5%), Vitamin E: 3.28mg (21.83%), Vitamin B2: 0.36mg (20.94%), Potassium: 728.3mg (20.81%), Vitamin B6: 0.37mg (18.6%), Copper: 0.37mg (18.36%), Calcium: 161.84mg (16.18%), Vitamin B5: 1.48mg (14.83%), Zinc: 1.84mg (12.24%), Vitamin C: 8.87mg (10.75%)