



Grilled Eggplant, Broccoli Rabe, and Mozzarella Sandwich

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



1600 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bunch broccoli rabe hard ends trimmed cut into 2-inch pieces
- 2 eggplant italian ends trimmed sliced
- 4 servings basil fresh chopped
- 1 pound mozzarella fresh sliced into 1/4-inch disks
- 2 medium garlic clove thinly sliced
- 4 servings pepper black freshly ground
- 5 tablespoons olive oil divided

- 0.3 teaspoon pepper red
- 4 ciabatta bread ciabatta-style halved
- 0.5 cup vegetable broth low-sodium homemade store-bought

Equipment

- frying pan
- baking sheet
- grill
- broiler
- grill pan

Directions

- Brush eggplant slices on both sides with one tablespoon of oil and season with salt and pepper. Arrange on a large plate or baking sheet and set aside.
- Heat two tablespoons of olive oil in a heavy-bottomed 12-inch skillet over medium-high heat until shimmering.
- Add garlic and cook, stirring, until beginning to color, about 30 seconds.
- Add red pepper flakes and broccoli rabe and cook, stirring often, until stems are bright green, about two minutes.
- Add stock and bring to a boil. Reduce heat to medium-low and cover. Cook, stirring occasionally, until broccoli is tender, about eight minutes.
- Remove cover and cook until any remaining liquid evaporates. Season with salt and pepper.
- Transfer to a large plate and allow to cool.
- Heat a grill, grill pan, or broiler to medium. Cook eggplant slices, flipping occasionally, until lightly browned on both sides and completely tender, 6 to 10 minutes total. Set aside.
- Brush cut side of each ciabatta roll with remaining olive oil. Grill until lightly browned, about 30 seconds. Set bread aside.
- Top each bottom slice with grilled eggplant, broccoli rabe, fresh mozzarella, and some chopped basil.
- Drizzle with a little olive oil, and then cap with top piece of bread. Press to close, and serve.

Nutrition Facts

PROTEIN 16.83% FAT 26.12% CARBS 57.05%

Properties

Glycemic Index:55.25, Glycemic Load:2.84, Inflammation Score:-9, Nutrition Score:29.954782796943%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 1600.25kcal (80.01%), Fat: 46.72g (71.88%), Saturated Fat: 19.26g (120.38%), Carbohydrates: 229.66g (76.55%), Net Carbohydrates: 216.06g (78.57%), Sugar: 9.62g (10.69%), Cholesterol: 89.58mg (29.86%), Sodium: 2941.99mg (127.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 67.74g (135.47%), Vitamin K: 156.34µg (148.89%), Calcium: 661.58mg (66.16%), Fiber: 13.6g (54.42%), Phosphorus: 501.58mg (50.16%), Vitamin A: 2443.92IU (48.88%), Vitamin B12: 2.59µg (43.09%), Manganese: 0.85mg (42.57%), Selenium: 20.78µg (29.68%), Vitamin E: 4.4mg (29.36%), Vitamin B2: 0.48mg (28.42%), Zinc: 4.15mg (27.69%), Folate: 106.67µg (26.67%), Potassium: 737.19mg (21.06%), Vitamin C: 17.28mg (20.95%), Vitamin B6: 0.36mg (17.78%), Magnesium: 69.18mg (17.3%), Vitamin B1: 0.22mg (14.6%), Iron: 2.45mg (13.63%), Copper: 0.24mg (11.82%), Vitamin B3: 2.34mg (11.69%), Vitamin B5: 1mg (10.01%), Vitamin D: 0.45µg (3.02%)