



Grilled Eggplant-Pesto Sandwich

READY IN



45 min.

SERVINGS



4

CALORIES



605 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 lb arugula rinsed
- ☐ 8 slices bacon ()
- ☐ 8 oz slender baguette
- ☐ 20 oz asian eggplants rinsed
- ☐ 0.3 pound thin- jack cheese
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup pesto homemade
- ☐ 6 oz roma tomatoes cored rinsed thinly sliced
- ☐ 4 servings salt and pepper

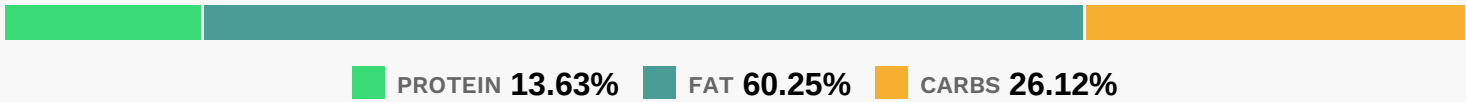
Equipment

- ☐ frying pan
- ☐ grill
- ☐ serrated knife

Directions

- ☐ Trim and discard eggplant stems.
- ☐ Cut each eggplant lengthwise into 1/4-inch-thick slices.
- ☐ Brush slices on each side lightly with olive oil.
- ☐ Lay eggplant on a barbecue grill over a solid bed of hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds); close lid on gas grill. Cook, turning as needed, until eggplant is browned on both sides and soft when pressed, 6 to 8 minutes.
- ☐ Sprinkle lightly with salt and pepper; transfer to a platter.
- ☐ In a 10- to 12-inch frying pan over medium heat, cook bacon until browned and crisp, about 8 minutes, turning slices as needed.
- ☐ Drain bacon on towels and discard fat in pan.
- ☐ Cut baguette in half lengthwise.
- ☐ Spread pesto onto cut sides of baguette.
- ☐ Lay eggplant slices on bottom half of baguette and cover with bacon, tomatoes, cheese, and arugula. Set top half of baguette in place and, pressing sandwich firmly together, cut into 4 equal portions with a serrated knife.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:49.69, Glycemic Load:20.52, Inflammation Score:-8, Nutrition Score:20.48521748833%

Flavonoids

Delphinidin: 121.46mg, Delphinidin: 121.46mg, Delphinidin: 121.46mg, Delphinidin: 121.46mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 4.98mg, Kaempferol: 4.98mg, Kaempferol: 4.98mg, Kaempferol: 4.98mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 604.57kcal (30.23%), Fat: 40.77g (62.72%), Saturated Fat: 13.6g (85.02%), Carbohydrates: 39.77g (13.26%), Net Carbohydrates: 33.35g (12.13%), Sugar: 9.71g (10.79%), Cholesterol: 55.51mg (18.5%), Sodium: 1159.42mg (50.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.75g (41.5%), Vitamin B1: 0.53mg (35.53%), Manganese: 0.69mg (34.72%), Calcium: 338.06mg (33.81%), Selenium: 23.18µg (33.11%), Phosphorus: 294.69mg (29.47%), Folate: 117.08µg (29.27%), Vitamin K: 30.39µg (28.95%), Vitamin B3: 5.59mg (27.93%), Fiber: 6.43g (25.71%), Vitamin A: 1269.96IU (25.4%), Vitamin B2: 0.4mg (23.58%), Potassium: 658.19mg (18.81%), Vitamin B6: 0.36mg (18.09%), Iron: 3.12mg (17.33%), Magnesium: 58.87mg (14.72%), Zinc: 2.18mg (14.56%), Vitamin E: 2.15mg (14.34%), Vitamin C: 11.07mg (13.42%), Copper: 0.25mg (12.35%), Vitamin B5: 1.02mg (10.16%), Vitamin B12: 0.46µg (7.59%), Vitamin D: 0.35µg (2.31%)