



## Grilled Eggplant Pizza Sandwiches

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



250 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 6 inch eggplant
- ☐ 1 inch onion sweet
- ☐ 1 medium zucchini cut lengthwise into 1/4-inch slices
- ☐ 3 tablespoons olive oil
- ☐ 0.3 teaspoon salt
- ☐ 8 oz tomato sauce canned
- ☐ 4 inch sourdough bread italian toasted
- ☐ 6 oz mozzarella cheese

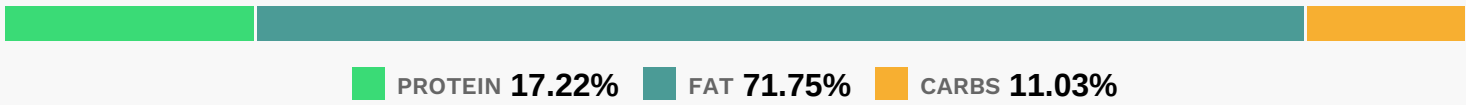
# Equipment

- ☐ sauce pan
- ☐ grill

# Directions

- ☐ Heat grill. When ready to grill, brush eggplant, onion and zucchini with oil; sprinkle with salt.
- ☐ Place on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Cook 8 to 10 minutes or until tender, turning once.
- ☐ Meanwhile, heat pizza sauce in small saucepan until hot.
- ☐ Spread 1 side of each of 4 toasted bread slices with 2 tablespoons pizza sauce. Top each with grilled vegetables. Spoon remaining pizza sauce over vegetables. Top each with cheese and slice of toast.

# Nutrition Facts



# Properties

Glycemic Index:49.38, Glycemic Load:2.43, Inflammation Score:-5, Nutrition Score:9.5508695737175%

# Flavonoids

Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

# Nutrients (% of daily need)

Calories: 250.4kcal (12.52%), Fat: 20.4g (31.38%), Saturated Fat: 7.12g (44.51%), Carbohydrates: 7.06g (2.35%), Net Carbohydrates: 5.54g (2.01%), Sugar: 3.97g (4.41%), Cholesterol: 33.59mg (11.2%), Sodium: 700.27mg (30.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.02g (22.04%), Calcium: 232.51mg (23.25%), Phosphorus: 188.22mg (18.82%), Vitamin E: 2.48mg (16.57%), Vitamin B12: 0.97µg (16.16%), Vitamin C: 12.85mg (15.58%), Vitamin B2: 0.22mg (12.68%), Vitamin A: 631.85IU (12.64%), Selenium: 8.41µg (12.01%), Vitamin K: 11.15µg (10.62%), Zinc: 1.56mg (10.38%), Potassium: 341.19mg (9.75%), Manganese: 0.18mg (9.16%), Vitamin B6: 0.16mg (7.9%), Magnesium: 27.24mg (6.81%), Fiber: 1.52g (6.07%), Iron: 1.08mg (6.01%), Folate: 23.95µg (5.99%), Copper: 0.1mg (5.16%), Vitamin

B3: 0.98mg (4.88%), Vitamin B1: 0.07mg (4.55%), Vitamin B5: 0.35mg (3.55%), Vitamin D: 0.17µg (1.13%)