



Grilled Eggplant Sandwich



Vegetarian



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb globe eggplant sliced
- ☐ 4 servings salt
- ☐ 8 ounces mozzarella cheese fresh sliced into 1/4-inch slices
- ☐ 1 large beefsteak tomatoes
- ☐ 1 medium onion red
- ☐ 10 basil leaves fresh
- ☐ 0.3 cup olive oil extra virgin
- ☐ 2 tablespoons red wine vinegar

- ☐ 2 tablespoons balsamic vinegar
- ☐ 6 small burger buns

Equipment

- ☐ paper towels
- ☐ casserole dish
- ☐ grill
- ☐ pastry brush

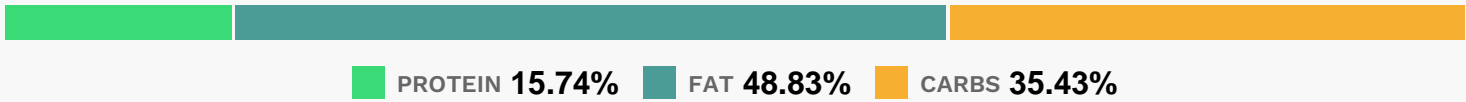
Directions

- ☐ Salt eggplant rounds: Line a large tray with paper towels.
- ☐ Lay out the rounds of eggplant on the tray in a single layer. Salt generously on both sides.
- ☐ Let sit while you prepare the other ingredients.
- ☐ Coat tomato and onions slices with vinegar and olive oil in casserole dish:
- ☐ Cut the tomato into 1/4 inch thick slices.
- ☐ Cut the red onion into 1/8 inch slices.
- ☐ Pour the two vinegars and a teaspoon of olive oil into a flat container such as a casserole dish.
- ☐ Sprinkle with a little salt and stir with a fork to combine.
- ☐ Lay the onions and tomatoes down in the container and turn to coat with the dressing.
- ☐ Prepare your grill for high, direct heat. Make sure the grates are clean, and close the lid.
- ☐ Grill the eggplant rounds: Once the eggplant slices have been sitting for at least 15 minutes, pat them dry with more paper towels.
- ☐ Use a pastry brush to paint them on both sides with olive oil.
- ☐ Lay the slices on the grill and grill them for about 3-4 minutes per side with the lid closed, until nicely browned.
- ☐ Remove from grill. Lightly toast the burger buns on the grill, for about 30 seconds to a minute, just enough to get lightly toasted.
- ☐ Assemble the sandwiches: To build the sandwich, set out your burger buns. Put two or three rounds of eggplant slices on top of the bottom bun. Then add a tomato slice and some red onion.

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Add a couple slice of the fresh mozzarella and top it with some basil leaves.

Nutrition Facts



Properties

Glycemic Index:76, Glycemic Load:22.75, Inflammation Score:-8, Nutrition Score:21.380000041879%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg

Nutrients (% of daily need)

Calories: 532.74kcal (26.64%), Fat: 29.1g (44.77%), Saturated Fat: 9.94g (62.11%), Carbohydrates: 47.51g (15.84%), Net Carbohydrates: 41.44g (15.07%), Sugar: 13.88g (15.43%), Cholesterol: 44.79mg (14.93%), Sodium: 878.29mg (38.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.11g (42.21%), Calcium: 408.88mg (40.89%), Manganese: 0.8mg (39.75%), Selenium: 27.66µg (39.52%), Phosphorus: 324.13mg (32.41%), Vitamin B1: 0.46mg (30.39%), Folate: 108.2µg (27.05%), Vitamin K: 27.47µg (26.16%), Vitamin B2: 0.42mg (24.61%), Fiber: 6.07g (24.27%), Vitamin B12: 1.42µg (23.7%), Vitamin A: 1171.36IU (23.43%), Vitamin C: 17.23mg (20.89%), Vitamin E: 3.04mg (20.26%), Vitamin B3: 4.04mg (20.18%), Potassium: 638.07mg (18.23%), Iron: 3.21mg (17.83%), Zinc: 2.52mg (16.78%), Magnesium: 56.06mg (14.01%), Vitamin B6: 0.26mg (12.97%), Copper: 0.24mg (11.8%), Vitamin B5: 0.51mg (5.1%), Vitamin D: 0.23µg (1.51%)