



## Grilled Eggplant Sandwiches

 Vegetarian  Gluten Free

READY IN



28 min.

SERVINGS



4

CALORIES



203 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 pounds eggplants
- 0.3 cup dressing fat-free italian
- 4 ounce part-skim mozzarella cheese
- 0.3 cup pepperoncini peppers drained sliced
- 2 medium size pasilla peppers sweet red
- 2 small zucchini

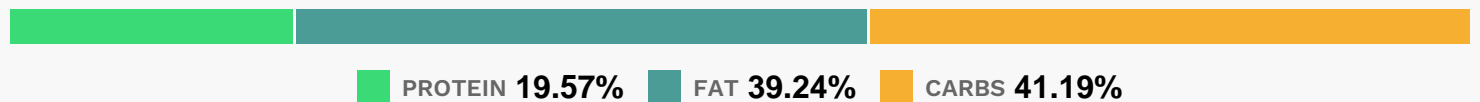
### Equipment

- grill

## Directions

- Cut 2 (1/2-inch-thick) slices lengthwise from opposite sides of each eggplant; reserve for another use.
- Cut each eggplant lengthwise into 4 (3/4-inch-thick) slices; set aside.
- Cut red peppers in half lengthwise; remove and discard seeds and membranes. Flatten pepper halves with palm of hand; set aside.
- Cut zucchini lengthwise into 1/4-inch-thick slices.
- Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- Brush eggplant, red pepper, and zucchini with about one-third of dressing.
- Place red pepper and zucchini on rack; grill, covered, 6 minutes. Turn vegetables, and baste with half of remaining dressing.
- Add eggplant to grill rack; grill, covered, 10 minutes, turning once, and basting often with remaining dressing.
- Arrange pepper halves and zucchini slices evenly over 4 eggplant slices; sprinkle with pepperoncini pepper.
- Place 1 slice of cheese over each serving. Top with remaining eggplant slices. Grill 2 additional minutes or until cheese melts.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:19.25, Glycemic Load:2.89, Inflammation Score:-9, Nutrition Score:20.98869565518%

## Flavonoids

Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

## Nutrients (% of daily need)

Calories: 203.3kcal (10.16%), Fat: 9.46g (14.55%), Saturated Fat: 3.61g (22.57%), Carbohydrates: 22.33g (7.44%), Net Carbohydrates: 13.42g (4.88%), Sugar: 14.57g (16.18%), Cholesterol: 18.14mg (6.05%), Sodium: 382.59mg (16.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.61g (21.22%), Vitamin C: 98.2mg (119.03%), Vitamin A: 2202.87IU (44.06%), Manganese: 0.71mg (35.69%), Fiber: 8.91g (35.63%), Vitamin B6: 0.52mg (25.99%), Calcium: 259.34mg (25.93%), Potassium: 859mg (24.54%), Vitamin K: 25.55µg (24.33%), Folate: 96.22µg (24.06%), Phosphorus: 229mg (22.9%), Vitamin B2: 0.28mg (16.47%), Vitamin E: 2.21mg (14.76%), Magnesium: 58.33mg (14.58%), Vitamin B3: 2.47mg (12.36%), Copper: 0.24mg (12.16%), Vitamin B1: 0.16mg (10.83%), Zinc: 1.52mg (10.11%), Vitamin B5: 0.99mg (9.89%), Selenium: 5.36µg (7.65%), Iron: 1.14mg (6.36%), Vitamin B12: 0.23µg (3.87%)