



## Grilled Eggplant Sandwiches

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 servings bell pepper black
- ☐ 1 large eggplant cut into 8 (1/2-inch-thick) diagonal slices
- ☐ 8 large basil leaves fresh
- ☐ 0.5 pound mozzarella cheese fresh cut into 8 slices
- ☐ 2 lemons halved
- ☐ 3 tablespoons olive oil
- ☐ 4 servings salt
- ☐ 1 large tomatoes cut into 4 slices

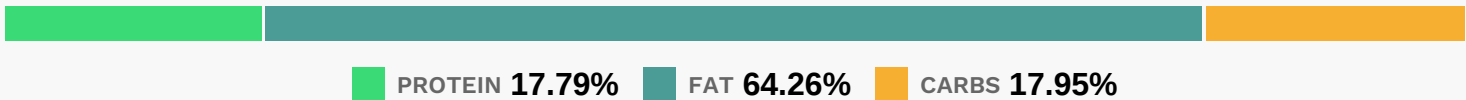
# Equipment

☐ grill

## Directions

- ☐ Brush both sides of eggplant slices with olive oil. Divide mozzarella, tomato, and basil among 4 eggplant slices.
- ☐ Sprinkle with salt and pepper; top with remaining 4 eggplant slices.
- ☐ Place eggplant sandwiches and lemon halves on greased grill rack. Grill over medium-high heat (350 to 40
- ☐ for 3 to 4 minutes on each side or until cheese melts and eggplant is cooked through.
- ☐ Serve immediately with grilled lemon halves.

## Nutrition Facts



## Properties

Glycemic Index:55.63, Glycemic Load:2.71, Inflammation Score:-7, Nutrition Score:14.425217431525%

## Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

## Nutrients (% of daily need)

Calories: 315.83kcal (15.79%), Fat: 23.64g (36.37%), Saturated Fat: 8.98g (56.13%), Carbohydrates: 14.86g (4.95%), Net Carbohydrates: 9.33g (3.39%), Sugar: 7.18g (7.97%), Cholesterol: 44.79mg (14.93%), Sodium: 555.2mg (24.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.72g (29.44%), Vitamin C: 37.52mg (45.47%), Calcium: 317.31mg (31.73%), Phosphorus: 248.36mg (24.84%), Fiber: 5.53g (22.12%), Vitamin B12: 1.29µg (21.55%), Manganese: 0.37mg (18.66%), Vitamin K: 18.71µg (17.82%), Vitamin A: 843.26IU (16.87%), Vitamin E: 2.3mg (15.32%), Selenium: 10.21µg (14.58%), Potassium: 491.49mg (14.04%), Vitamin B2: 0.22mg (13.12%), Zinc: 1.96mg (13.04%),

Folate: 42.48µg (10.62%), Vitamin B6: 0.2mg (9.91%), Magnesium: 37.38mg (9.35%), Copper: 0.15mg (7.52%),  
Vitamin B1: 0.1mg (6.7%), Iron: 1.06mg (5.86%), Vitamin B3: 1.13mg (5.67%), Vitamin B5: 0.55mg (5.48%), Vitamin D:  
0.23µg (1.51%)