



WHATSheATE



Grilled Eggplant Sandwiches with Red Onion and Aioli



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



112 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups arugula packed
- ☐ 1 pound eggplant
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 0.5 teaspoon rosemary leaves fresh chopped
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 1 garlic clove minced

- ☐ 4 inch bread crumbs italian
- ☐ 1 tablespoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup mayonnaise light
- ☐ 2 inch onion red
- ☐ 2 inch tomatoes

Equipment

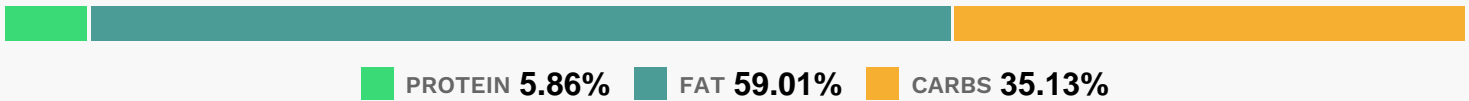
- ☐ bowl
- ☐ paper towels
- ☐ grill

Directions

- ☐ To prepare aioli, combine the first 4 ingredients in a small bowl, stirring well. Cover and chill.
- ☐ To prepare sandwiches, arrange eggplant in a single layer on several layers of heavy-duty paper towels.
- ☐ Sprinkle both sides of eggplant with salt; cover with additional paper towels.
- ☐ Let stand 30 minutes, pressing down occasionally. Rinse eggplant with cold water.
- ☐ Drain and pat dry.
- ☐ Prepare grill.
- ☐ Combine thyme, parsley, and rosemary in a small bowl, stirring well. Lightly coat eggplant slices with cooking spray; sprinkle with herb mixture.
- ☐ Arrange eggplant and onion on grill rack coated with cooking spray; grill 2 minutes on each side or until vegetables are tender and lightly browned.
- ☐ Remove from heat, and keep warm. Arrange bread slices in a single layer on grill rack coated with cooking spray, and grill for 1 minute on each side or until toasted.
- ☐ Spread about 2 teaspoons aioli over 1 side of 4 bread slices; divide eggplant and onion evenly among bread slices.
- ☐ Place 2 tomato slices on each sandwich; top each serving with 1/2 cup arugula.

- ☐
- Spread about 2 teaspoons of remaining aioli over 1 side of remaining 4 bread slices; place on top of sandwiches.
- ☐
- Wine note: With vegetables we often think white wine, but grilled eggplant's smoky flavor and pleasantly bitter skin marries well with medium-bodied, rustic reds. Try a Tuscan blend like Tenuta di Arceno Prima
- ☐
- Voce 2003 (\$20). The wine's cherry fruit has hints of leather and earth to amplify the herbal flavors of rosemary and thyme, while its vivid acidity balances the creamy aioli. --Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:58.5, Glycemic Load:1.18, Inflammation Score:-7, Nutrition Score:6.2069565109585%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 112.49kcal (5.62%), Fat: 7.8g (12%), Saturated Fat: 1.51g (9.42%), Carbohydrates: 10.45g (3.48%), Net Carbohydrates: 6.67g (2.42%), Sugar: 5.68g (6.31%), Cholesterol: 2.24mg (0.75%), Sodium: 1874.69mg (81.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.48%), Vitamin K: 25.02µg (23.83%), Manganese: 0.33mg (16.27%), Fiber: 3.79g (15.15%), Folate: 38.29µg (9.57%), Potassium: 321.83mg (9.2%), Vitamin C: 6.78mg (8.22%), Vitamin E: 1.21mg (8.05%), Vitamin A: 310.31IU (6.21%), Vitamin B6: 0.12mg (5.91%), Magnesium: 22.84mg (5.71%), Copper: 0.11mg (5.52%), Vitamin B3: 0.91mg (4.55%), Vitamin B5: 0.38mg (3.85%), Phosphorus: 38.13mg (3.81%), Vitamin B1: 0.06mg (3.8%), Iron: 0.63mg (3.48%), Vitamin B2: 0.06mg (3.37%), Calcium: 32.26mg (3.23%), Zinc: 0.27mg (1.81%), Selenium: 0.86µg (1.22%)