



 **66%**
HEALTH SCORE

Grilled Eggplant, Tomato, Provolone, and Sun-Dried Tomato-Pesto Sandwich

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black
- 0.5 teaspoon basil dried
- 1.5 pounds eggplant ()
- 1.5 ounce bread french
- 0.3 teaspoon oregano dried
- 3 ounce provolone cheese cut in half
- 1 cup gourmet salad greens

- 0.3 teaspoon salt
- 0.5 cup sun-dried tomato pesto
- 40 ounces tomatoes red ()
- 40 ounces tomatoes yellow ()

Equipment

- bowl
- grill
- broiler
- broiler pan

Directions

- Prepare grill or broiler.
- Combine first 4 ingredients in a small bowl.
- Sprinkle evenly over eggplant and tomato slices.
- Place eggplant on a grill rack or broiler pan coated with cooking spray; cook 5 minutes on each side or until eggplant is tender and browned.
- Place tomato on grill rack or broiler pan coated with cooking spray, and cook 2 minutes on each side or until tomato is done.
- Place bread on grill rack or broiler pan coated with cooking spray; cook 1 minute on each side or until bread is lightly toasted.
- Spread 1 tablespoon Sun-dried Tomato Pesto on each bread slice, and place 1/2 slice of cheese on each of 4 bread slices. Arrange greens, eggplant, and tomato evenly over cheese, and top with 4 bread slices.

Nutrition Facts



Properties

Glycemic Index:53.13, Glycemic Load:8.75, Inflammation Score:-10, Nutrition Score:29.783913112205%

Flavonoids

Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg Naringenin: 1.93mg, Naringenin: 1.93mg, Naringenin: 1.93mg, Naringenin: 1.93mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 291.91kcal (14.6%), Fat: 10.52g (16.18%), Saturated Fat: 4.68g (29.26%), Carbohydrates: 40.45g (13.48%), Net Carbohydrates: 28.62g (10.41%), Sugar: 16.56g (18.4%), Cholesterol: 17.15mg (5.72%), Sodium: 734.33mg (31.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.69g (29.39%), Vitamin C: 71.6mg (86.78%), Vitamin A: 2904.69IU (58.09%), Manganese: 1.16mg (57.87%), Potassium: 1857.53mg (53.07%), Fiber: 11.83g (47.33%), Folate: 184.59µg (46.15%), Vitamin B3: 6.74mg (33.72%), Phosphorus: 332.07mg (33.21%), Copper: 0.62mg (31.12%), Vitamin K: 31.91µg (30.39%), Vitamin B6: 0.57mg (28.32%), Calcium: 277.58mg (27.76%), Magnesium: 100.81mg (25.2%), Vitamin B1: 0.37mg (24.69%), Vitamin B2: 0.37mg (21.82%), Iron: 3.66mg (20.33%), Zinc: 2.38mg (15.86%), Vitamin E: 2.15mg (14.33%), Vitamin B5: 1.19mg (11.94%), Selenium: 7.82µg (11.17%), Vitamin B12: 0.31µg (5.17%)