



Grilled Eggplant, Zucchini, and Red Onion Sandwiches



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



148 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 pound eggplant peeled ()
- ☐ 4 garlic cloves peeled halved
- ☐ 6 tablespoons mayonnaise low-fat
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion red cut into 4 slices

- ☐ 0.3 cup bottled roasted bell peppers red drained chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 ounce bread white hearty
- ☐ 0.8 pound zucchini ()

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ grill pan

Directions

- ☐ Place mayonnaise and bell pepper in a blender or food processor, and process until smooth.
- ☐ Brush oil over zucchini, eggplant, and onion; sprinkle with salt and black pepper.
- ☐ Heat a large grill pan coated with cooking spray over medium-high heat.
- ☐ Add zucchini, and cook for 3 minutes on each side or until tender.
- ☐ Place in a large bowl; keep warm.
- ☐ Add eggplant to pan, and cook for 3 minutes on each side or until done.
- ☐ Add to zucchini; keep warm.
- ☐ Add onion to pan; cook for 3 minutes on each side or until done.
- ☐ Add to eggplant mixture; drizzle with vinegar.
- ☐ Lightly coat the bread with cooking spray.
- ☐ Place 2 bread slices in pan; cook 1 minute on each side or until toasted. Repeat procedure with remaining bread. Rub 1 garlic half on 1 side of each bread slice.
- ☐ Spread 1 tablespoon mayonnaise mixture over the garlic-rubbed sides of 4 bread slices; layer each with 3 slices zucchini, 2 slices eggplant, and 1 slice onion.
- ☐ Spread 1 tablespoon mayonnaise mixture over 1 side of each remaining bread slice; place on top of sandwiches.

Nutrition Facts



PROTEIN 7.55% **FAT 51.57%** **CARBS 40.88%**

Properties

Glycemic Index:64.69, Glycemic Load:4.32, Inflammation Score:-5, Nutrition Score:8.7321738471156%

Flavonoids

Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg

Nutrients (% of daily need)

Calories: 148.25kcal (7.41%), Fat: 8.86g (13.64%), Saturated Fat: 1.38g (8.6%), Carbohydrates: 15.81g (5.27%), Net Carbohydrates: 12.43g (4.52%), Sugar: 6.82g (7.58%), Cholesterol: 3.36mg (1.12%), Sodium: 628.17mg (27.31%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.92g (5.84%), Vitamin C: 23.51mg (28.5%), Manganese: 0.45mg (22.26%), Vitamin K: 19.41µg (18.48%), Vitamin B6: 0.28mg (13.97%), Fiber: 3.38g (13.53%), Potassium: 436.13mg (12.46%), Folate: 48.33µg (12.08%), Vitamin E: 1.26mg (8.41%), Vitamin B1: 0.12mg (7.93%), Vitamin B2: 0.13mg (7.74%), Magnesium: 30.56mg (7.64%), Phosphorus: 72.07mg (7.21%), Copper: 0.14mg (6.87%), Vitamin B3: 1.19mg (5.97%), Iron: 0.94mg (5.24%), Calcium: 51.71mg (5.17%), Vitamin A: 244.91IU (4.9%), Selenium: 3.13µg (4.47%), Vitamin B5: 0.44mg (4.4%), Zinc: 0.54mg (3.61%)