



Grilled Farmers' Market Sandwiches

 Vegetarian

READY IN



33 min.

SERVINGS



4

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 basil
- 8 basil
- 0.3 teaspoon pepper black
- 10 ounce ciabatta bread cut in half horizontally
- 4 inch eggplant
- 2 teaspoons rosemary leaves fresh chopped
- 2 tablespoons olive oil divided
- 4 ounce provolone cheese halved

- 1 inch onion red
- 0.1 teaspoon salt
- 2 inch tomatoes
- 1 tablespoon balsamic vinegar white
- 1 large zucchini cut lengthwise into 4 pieces

Equipment

- bowl
- grill

Directions

- Preheat grill to medium-high.
- Brush 1 tablespoon olive oil evenly over both sides of eggplant, onion, and zucchini.
- Sprinkle with rosemary, pepper, and salt.
- Combine 1 tablespoon oil and vinegar in a bowl.
- Brush vinegar mixture over cut sides of bread.
- Place onion on grill rack coated with cooking spray, and grill for 6 minutes on each side or until tender.
- Remove from grill, and separate into rings. Grill eggplant and zucchini 4 minutes on each side or until tender.
- Cut zucchini pieces in half crosswise.
- Place bread, cut sides down, on grill rack; grill 2 minutes.
- Remove from grill.
- Place 1 piece of cheese on bottom halves bread portions; top each serving with 1 eggplant slice, 1 tomato slice, 1 basil leaf, 2 pieces zucchini, one-fourth of onion rings, 1 eggplant slice, 1 tomato slice, 1 basil leaf, 1 piece of cheese, and top half of bread.
- Place sandwiches on grill rack; grill 2 minutes, covered, or until cheese melts.

Nutrition Facts



■ PROTEIN 16.67% ■ FAT 39.95% ■ CARBS 43.38%

Properties

Glycemic Index:89.75, Glycemic Load:0.84, Inflammation Score:-4, Nutrition Score:7.9586956164111%

Flavonoids

Delphinidin: 2.18mg, Delphinidin: 2.18mg, Delphinidin: 2.18mg, Delphinidin: 2.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg 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: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 342.8kcal (17.14%), Fat: 15.32g (23.57%), Saturated Fat: 6.17g (38.56%), Carbohydrates: 37.43g (12.48%), Net Carbohydrates: 35.68g (12.97%), Sugar: 2.93g (3.26%), Cholesterol: 19.56mg (6.52%), Sodium: 633.82mg (27.56%), Alcohol: 0g (100%), Protein: 14.39g (28.77%), Calcium: 232.48mg (23.25%), Vitamin C: 15.03mg (18.22%), Phosphorus: 174.28mg (17.43%), Vitamin K: 15.35µg (14.62%), Vitamin A: 508.7IU (10.17%), Vitamin B2: 0.17mg (9.99%), Manganese: 0.19mg (9.71%), Zinc: 1.2mg (8%), Vitamin E: 1.2mg (7.99%), Vitamin B6: 0.16mg (7.96%), Potassium: 270.91mg (7.74%), Fiber: 1.75g (7.01%), Vitamin B12: 0.41µg (6.9%), Magnesium: 24.8mg (6.2%), Selenium: 4.29µg (6.13%), Folate: 24.25µg (6.06%), Iron: 0.59mg (3.29%), Vitamin B5: 0.31mg (3.14%), Copper: 0.06mg (3.11%), Vitamin B1: 0.04mg (2.94%), Vitamin B3: 0.45mg (2.25%)