



Grilled Farmers' Market Sandwiches

 Vegetarian

READY IN



33 min.

SERVINGS



4

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 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

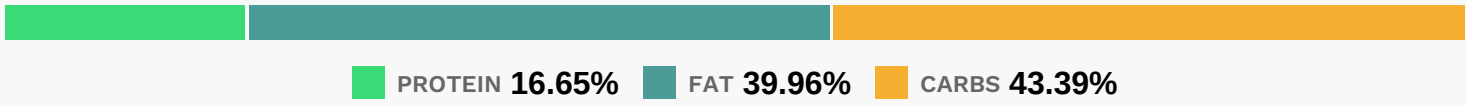
Equipment

- ☐ 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



Properties

Glycemic Index:72.25, Glycemic Load:0.83, Inflammation Score:-4, Nutrition Score:7.7082608964132%

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: 342.62kcal (17.13%), Fat: 15.32g (23.56%), Saturated Fat: 6.17g (38.56%), Carbohydrates: 37.41g (12.47%), Net Carbohydrates: 35.67g (12.97%), Sugar: 2.93g (3.25%), Cholesterol: 19.56mg (6.52%), Sodium: 633.78mg (27.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.36g (28.72%), Calcium: 231.07mg (23.11%), Vitamin C: 14.89mg (18.04%), Phosphorus: 173.84mg (17.38%), Vitamin K: 12.03µg (11.45%), Vitamin B2: 0.17mg (9.95%), Vitamin A: 466.5IU (9.33%), Manganese: 0.19mg (9.25%), Zinc: 1.19mg (7.95%), Vitamin E: 1.19mg (7.95%), Vitamin B6: 0.16mg (7.9%), Potassium: 268.55mg (7.67%), Fiber: 1.74g (6.96%), Vitamin B12: 0.41µg (6.9%), Selenium: 4.29µg (6.13%), Magnesium: 24.28mg (6.07%), Folate: 23.7µg (5.93%), Iron: 0.57mg (3.15%), Vitamin B5: 0.31mg (3.13%), Copper: 0.06mg (2.96%), Vitamin B1: 0.04mg (2.93%), Vitamin B3: 0.44mg (2.21%)