



## Grilled Gruyere and Roasted Vegetable Sandwich

 Vegetarian

READY IN



30 min.

SERVINGS



2

CALORIES



194 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 pieces roman meal bread
- 2 tablespoons salad dressing low-fat italian-style
- 0.5 small onion peeled sliced
- 1 small bell pepper red cored sliced into 1/4-inch strips
- 2 ounces swiss cheese thinly sliced
- 1 small zucchini sliced lengthwise into 1/4-inch strips

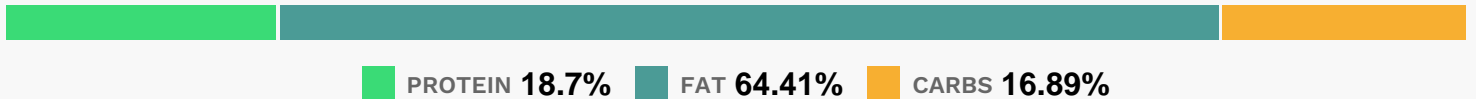
### Equipment

- bowl
- frying pan
- baking sheet
- oven
- aluminum foil

## Directions

- Preheat oven to 400 degrees F. Foil-line one baking sheet.
- Place bell pepper, zucchini, onion and salad dressing in medium bowl; toss lightly.
- Spread vegetables on baking sheet.
- Bake 12 minutes or until tender.
- Remove from oven.
- Layer cheese and roasted vegetables between slices of bread creating 2 sandwiches.
- Heat medium skillet; spray with nonstick cooking spray. Cook on each side for about 2 to 3 minutes or until golden brown and cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:79.83, Glycemic Load:1.63, Inflammation Score:-8, Nutrition Score:13.229130268097%

## Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg

## Nutrients (% of daily need)

Calories: 193.64kcal (9.68%), Fat: 14.13g (21.74%), Saturated Fat: 6g (37.51%), Carbohydrates: 8.33g (2.78%), Net Carbohydrates: 6.57g (2.39%), Sugar: 4.52g (5.02%), Cholesterol: 31.62mg (10.54%), Sodium: 163.76mg (7.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.23g (18.46%), Vitamin C: 59.26mg (71.84%), Vitamin A: 1539.91IU (30.8%), Calcium: 271.77mg (27.18%), Vitamin K: 28.18µg (26.84%), Phosphorus: 211.12mg (21.11%), Vitamin

B12: 0.86µg (14.27%), Selenium: 9.35µg (13.36%), Vitamin B6: 0.25mg (12.35%), Vitamin B2: 0.18mg (10.74%), Zinc: 1.57mg (10.47%), Manganese: 0.19mg (9.69%), Folate: 38.76µg (9.69%), Potassium: 288.36mg (8.24%), Fiber: 1.76g (7.04%), Magnesium: 26.99mg (6.75%), Vitamin E: 0.83mg (5.55%), Vitamin B1: 0.07mg (4.39%), Vitamin B5: 0.4mg (3.97%), Vitamin B3: 0.78mg (3.89%), Iron: 0.55mg (3.07%), Copper: 0.06mg (3.03%)