



Grilled Mediterranean Vegetable Sandwiches

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby arugula
- ☐ 0.8 lb. ciabatta loaf split
- ☐ 14 oz eggplant thick sliced
- ☐ 0.5 cup feta cheese crumbled
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 teaspoon juice of lemon
- ☐ 0.3 cup mayonnaise

- ☐ 2 tablespoons olive oil
- ☐ 2 portabella mushrooms thick sliced
- ☐ 2 medium tomatoes sliced
- ☐ 2 small zucchini thinly sliced lengthwise

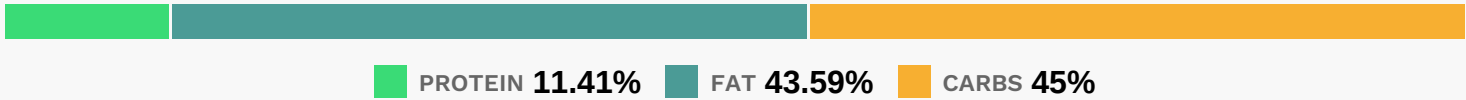
Equipment

- ☐ grill

Directions

- ☐ Heat a grill to high (450 to 550). Meanwhile, mix mayonnaise, garlic, and lemon juice together; set aside.
- ☐ Brush zucchini, mushrooms, and eggplant with oil and sprinkle with salt. Grill, turning once, until softened and grill marks appear, about 3 minutes.
- ☐ Grill bread cut side down just until grill marks start to appear, 2 minutes.
- ☐ Cut each loaf-half into 4 pieces.
- ☐ Spread bottoms with mayo and smear tops with cheese. Make sandwiches with vegetables, tomatoes, and arugula.

Nutrition Facts



Properties

Glycemic Index:55.5, Glycemic Load:2.11, Inflammation Score:-7, Nutrition Score:16.1460868483%

Flavonoids

Delphinidin: 85.02mg, Delphinidin: 85.02mg, Delphinidin: 85.02mg, Delphinidin: 85.02mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg 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: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.55mg, Kaempferol: 3.55mg, Kaempferol: 3.55mg, Kaempferol: 3.55mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 460kcal (23%), Fat: 22.81g (35.09%), Saturated Fat: 5.57g (34.82%), Carbohydrates: 52.97g (17.66%), Net Carbohydrates: 47g (17.09%), Sugar: 7.96g (8.85%), Cholesterol: 22.57mg (7.52%), Sodium: 1023.43mg (44.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.44g (26.88%), Vitamin K: 49.17µg (46.82%), Vitamin C: 23.38mg (28.34%), Manganese: 0.5mg (24.9%), Fiber: 5.97g (23.89%), Potassium: 737.96mg (21.08%), Vitamin B6: 0.4mg (19.88%), Vitamin A: 978.81IU (19.58%), Vitamin B2: 0.33mg (19.39%), Folate: 73.54µg (18.39%), Phosphorus: 180.03mg (18%), Vitamin B3: 3.39mg (16.95%), Selenium: 11.61µg (16.58%), Vitamin E: 2.26mg (15.03%), Copper: 0.29mg (14.46%), Calcium: 138.34mg (13.83%), Vitamin B5: 1.19mg (11.92%), Vitamin B1: 0.15mg (10.04%), Magnesium: 40.1mg (10.02%), Zinc: 1.3mg (8.67%), Iron: 1.11mg (6.15%), Vitamin B12: 0.35µg (5.91%), Vitamin D: 0.23µg (1.53%)