



Grilled Ratatouille Panini + Pesto Giveaway!

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup basil pesto homemade store-bought (either or)
- ☐ 1 baguette french divided (or 4 demi-baguettes)
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup roasted peppers red
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 tomatoes sliced
- ☐ 8 ounces water-packed mozzarella cheese fresh drained sliced

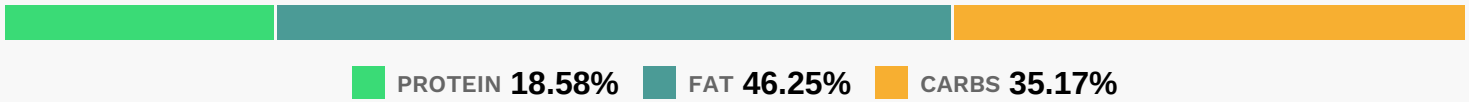
Equipment

- ☐ grill
- ☐ panini press

Directions

- ☐ Preheat the panini grill to medium-high heat.
- ☐ Drizzle olive oil over the vegetables and sprinkle with salt and pepper. Working in batches, place the vegetables on the grill, seasoned side down.
- ☐ Spread each grilled baguette half with pesto. On the bottom half, add eggplant, zucchini, onion, tomato, mozzarella and roasted red peppers. Close the sandwich with the top baguette half. You can either serve the panini immediately or, to allow the flavors to meld together more, wrap them up and refrigerate for a few hours.

Nutrition Facts



Properties

Glycemic Index:35.44, Glycemic Load:21.27, Inflammation Score:-8, Nutrition Score:17.836956438811%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 409.23kcal (20.46%), Fat: 20.89g (32.14%), Saturated Fat: 3.44g (21.52%), Carbohydrates: 35.73g (11.91%), Net Carbohydrates: 32.94g (11.98%), Sugar: 5.54g (6.16%), Cholesterol: 22.89mg (7.63%), Sodium: 1043.08mg (45.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.88g (37.77%), Selenium: 49.25µg (70.36%), Vitamin B3: 8.92mg (44.62%), Vitamin B1: 0.41mg (27.2%), Vitamin A: 1261.12IU (25.22%), Vitamin B12: 1.46µg (24.29%), Manganese: 0.41mg (20.58%), Folate: 81.18µg (20.3%), Iron: 3.64mg (20.21%), Vitamin C: 16.56mg (20.08%), Vitamin B6: 0.33mg (16.35%), Phosphorus: 155.47mg (15.55%), Vitamin B2: 0.26mg (15.54%), Calcium: 139.58mg (13.96%), Vitamin E: 1.71mg (11.4%), Fiber: 2.78g (11.13%), Vitamin K: 11.22µg (10.69%), Potassium: 349.99mg (10%), Magnesium: 38.15mg (9.54%), Copper: 0.16mg (8.16%), Zinc: 1.01mg (6.7%), Vitamin D: 0.68µg (4.54%), Vitamin B5: 0.38mg (3.83%)