



## Grilled Vegetable and Fontina Panini

 Vegetarian

READY IN



21 min.

SERVINGS



4

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 ounce ciabatta bread
- 1 small eggplant sliced
- 0.3 cup 1/4 cup fat-free zesty italian dressing fat-free italian
- 4 ounces fontina sliced
- 0.3 cup basil fresh chopped
- 1 garlic clove minced
- 0.5 cup bottled roasted bell peppers red cut into strips

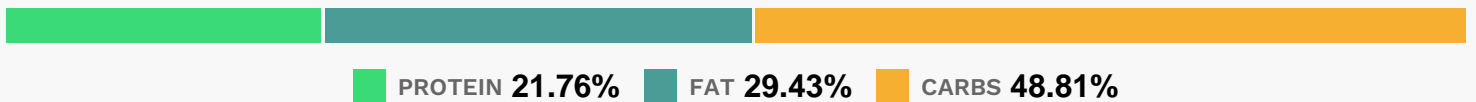
### Equipment

- bowl
- frying pan
- aluminum foil
- grill pan

## Directions

- Heat a grill pan over medium-high heat; coat pan with cooking spray. Coat eggplant slices with cooking spray, and place in pan. Cook 4 to 5 minutes on each side or until tender.
- Combine eggplant and next 4 ingredients in bowl, tossing to coat.
- Slice ciabatta loaf in half lengthwise, cutting to, but not through, other side.
- Arrange vegetable mixture evenly over bottom half of bread; top with cheese and top half of bread.
- Cut into 4 equal servings.
- Place sandwiches in grill pan over medium-high heat.
- Place a piece of foil over sandwiches; top with a heavy skillet to press sandwiches. Cook 2 minutes. Turn sandwiches; replace foil and heavy skillet. Cook 2 minutes or until golden brown and cheese is melted.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:39.25, Glycemic Load:1.19, Inflammation Score:-5, Nutrition Score:7.977391248164%

## Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 285.08kcal (14.25%), Fat: 9.49g (14.59%), Saturated Fat: 5.72g (35.74%), Carbohydrates: 35.4g (11.8%), Net Carbohydrates: 31.1g (11.31%), Sugar: 4.83g (5.36%), Cholesterol: 34.56mg (11.52%), Sodium: 833.73mg

(36.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.78g (31.56%), Calcium: 177.41mg (17.74%), Fiber: 4.31g (17.23%), Manganese: 0.33mg (16.37%), Vitamin C: 11.16mg (13.53%), Phosphorus: 131.06mg (13.11%), Vitamin K: 10.98µg (10.46%), Vitamin A: 455.36IU (9.11%), Potassium: 313.33mg (8.95%), Zinc: 1.23mg (8.19%), Vitamin B6: 0.16mg (8.12%), Vitamin B12: 0.48µg (7.94%), Folate: 30.73µg (7.68%), Selenium: 4.62µg (6.6%), Copper: 0.13mg (6.53%), Vitamin B2: 0.11mg (6.32%), Magnesium: 23.07mg (5.77%), Vitamin B5: 0.46mg (4.58%), Vitamin B3: 0.9mg (4.5%), Vitamin B1: 0.06mg (3.8%), Iron: 0.53mg (2.94%), Vitamin E: 0.43mg (2.88%), Vitamin D: 0.17µg (1.13%)