



Grilled Vegetable and Mozzarella Panini



Vegetarian



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.1 teaspoon pepper black
- ☐ 8 slices ciabatta bread
- ☐ 1 medium eggplant cut lengthwise into 8 slices (1/4 inch each)
- ☐ 8 large basil fresh
- ☐ 1 cup mozzarella cheese shredded reduced-fat
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 1 bell pepper red cored seeded quartered

- ☐ 0.5 teaspoon salt
- ☐ 1 medium zucchini cut into 8 slices (1/4 inch each)

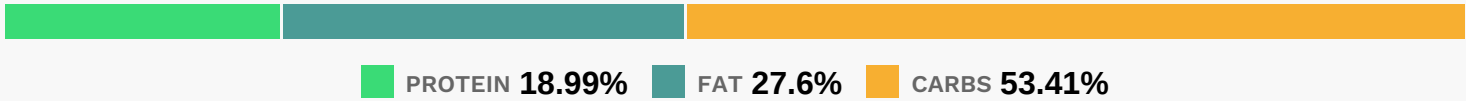
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ broiler

Directions

- ☐ Whisk vinegar, oil, salt and pepper in a bowl. Coat a baking sheet with cooking spray; place vegetables in 1 layer on sheet.
- ☐ Brush both sides of eggplant and zucchini with vinegar mixture. Spray all vegetables with cooking spray and place under broiler, 7 to 8 minutes, turning once and coating with cooking spray. Lightly brush bottom slices of ciabatta with remaining vinegar mixture. Pile veggies, cheese and basil on 4 slices of bread. Close sandwiches; spray both sides with cooking spray.
- ☐ Heat a medium nonstick skillet over medium-high heat; add sandwiches.
- ☐ Place a second skillet on top of sandwiches and press down. Cook 4 minutes, flipping once.
- ☐ Serve.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:57.25, Glycemic Load:2.21, Inflammation Score:-8, Nutrition Score:13.135217492995%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 283.01kcal (14.15%), Fat: 8.85g (13.61%), Saturated Fat: 3.66g (22.89%), Carbohydrates: 38.52g (12.84%), Net Carbohydrates: 33.33g (12.12%), Sugar: 8.03g (8.93%), Cholesterol: 18.08mg (6.03%), Sodium: 749.31mg (32.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.69g (27.39%), Vitamin C: 49.51mg (60.02%), Vitamin A: 1234.23IU (24.68%), Calcium: 245.21mg (24.52%), Manganese: 0.42mg (20.84%), Fiber: 5.19g (20.78%), Phosphorus: 186.7mg (18.67%), Vitamin B6: 0.28mg (14.19%), Potassium: 488.84mg (13.97%), Folate: 53.73µg (13.43%), Vitamin K: 13.55µg (12.91%), Vitamin B2: 0.2mg (11.77%), Vitamin E: 1.42mg (9.49%), Magnesium: 36.5mg (9.13%), Zinc: 1.21mg (8.06%), Copper: 0.14mg (6.85%), Selenium: 4.55µg (6.49%), Vitamin B3: 1.29mg (6.46%), Vitamin B1: 0.09mg (5.88%), Vitamin B5: 0.54mg (5.41%), Iron: 0.75mg (4.14%), Vitamin B12: 0.23µg (3.86%)