



WHATSheATE



Grilled Vegetable and Mozzarella Sandwiches



Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 pound ciabatta bread cut in half horizontally
- ☐ 1 teaspoon olive oil extravirgin
- ☐ 8 basil fresh
- ☐ 5 ounces mozzarella fresh sliced
- ☐ 1 bell pepper red seeded cut into 4 pieces
- ☐ 0.4 inch onion red

- ☐ 1 cup the salad
- ☐ 0.5 teaspoon salt
- ☐ 1 pound zucchini ()

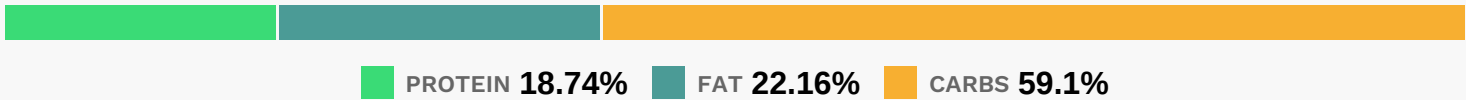
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare grill to medium-high heat.
- ☐ Combine first 7 ingredients in a large bowl, tossing to coat.
- ☐ Remove vegetables from bowl, reserving vinegar mixture.
- ☐ Place the onion and bell pepper on grill rack coated with cooking spray; grill 7 minutes on each side or until tender. Grill zucchini 3 minutes on each side or until tender.
- ☐ Hollow out bottom half of bread, leaving a 1/2-inch-thick shell; reserve torn bread for another use.
- ☐ Layer grilled vegetables, greens, cheese, and basil in bottom of loaf; drizzle reserved vinegar mixture on top. Cover with top of the bread; press lightly.
- ☐ Place filled loaf on grill rack; grill 4 minutes on each side or until cheese melts.
- ☐ Cut into quarters.

Nutrition Facts



Properties

Glycemic Index:63.25, Glycemic Load:1.65, Inflammation Score:-8, Nutrition Score:13.221739051135%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 411.08kcal (20.55%), Fat: 10.18g (15.67%), Saturated Fat: 5.37g (33.55%), Carbohydrates: 61.09g (20.36%), Net Carbohydrates: 58.03g (21.1%), Sugar: 5.66g (6.29%), Cholesterol: 28mg (9.33%), Sodium: 1083.31mg (47.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.37g (38.73%), Vitamin C: 60.86mg (73.77%), Vitamin A: 1554.31IU (31.09%), Calcium: 204.86mg (20.49%), Phosphorus: 182.41mg (18.24%), Manganese: 0.3mg (14.8%), Vitamin B6: 0.29mg (14.72%), Vitamin B2: 0.24mg (14%), Vitamin B12: 0.81µg (13.47%), Fiber: 3.05g (12.22%), Folate: 47.69µg (11.92%), Potassium: 416.27mg (11.89%), Vitamin K: 11.28µg (10.74%), Zinc: 1.51mg (10.06%), Selenium: 6.33µg (9.04%), Magnesium: 33.89mg (8.47%), Vitamin E: 0.83mg (5.5%), Vitamin B1: 0.08mg (5.42%), Iron: 0.87mg (4.83%), Vitamin B3: 0.9mg (4.52%), Copper: 0.08mg (4.06%), Vitamin B5: 0.39mg (3.91%)