



## Grilled Vegetable Panini

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



167 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup canola oil
- 1 medium eggplant sliced
- 1 tablespoon garlic minced
- 1 bell pepper green seeds removed, sliced in 8 pieces
- 0.3 cup olives green finely chopped
- 1 tablespoon penzey's southwest seasoning italian
- 1 medium onion peeled sliced into 1/4-inch rounds
- 0.3 cup red wine vinegar

- 4 servings salt and pepper black freshly ground
- 0.5 cup mozzarella cheese shredded
- 1 medium baby squash yellow sliced
- 1 baguet french
- 1 baguet french

## Equipment

- bowl
- frying pan
- baking sheet
- whisk
- grill
- grill pan
- panini press

## Directions

- Preheat a grill pan over medium heat.
- Brush the sliced vegetables with 1/4 cup canola oil. Season with salt and pepper and place on the grill. Cook until they have slightly charred and softened slightly, about 3 minutes per side.
- Remove to a baking sheet.
- In a large bowl, whisk together the garlic, Italian seasoning, vinegar, remaining 1/4 cup canola oil, and salt and pepper to taste.
- Drizzle half of the dressing over the grilled vegetables. Stir the chopped olives into the remaining dressing.
- Cut the bread into 4 equal pieces and slice open.
- Spread the olive dressing evenly on 4 bottom pieces of the bread. Top with a single layer of each of the vegetables, reserving the remaining vegetables for Round 2 Recipe Ratatouille Pasta.
- Sprinkle the cheese over each and place the remaining 4 bread pieces on top.

Place in a panini press and cook until well toasted, about 5 minutes. (Or place on a well-oiled grill pan and place a heavy hot cast-iron skillet or griddle on top of the sandwiches, and grill until the bread is well toasted, about 5 minutes per side.)

## Nutrition Facts

**PROTEIN 13.05%** **FAT 53.69%** **CARBS 33.26%**

### Properties

Glycemic Index:48.25, Glycemic Load:2.29, Inflammation Score:-7, Nutrition Score:12.066521753436%

### Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg

### Nutrients (% of daily need)

Calories: 166.54kcal (8.33%), Fat: 10.46g (16.09%), Saturated Fat: 2.54g (15.85%), Carbohydrates: 14.58g (4.86%), Net Carbohydrates: 8.76g (3.18%), Sugar: 7.26g (8.07%), Cholesterol: 11.06mg (3.69%), Sodium: 226.54mg (9.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.72g (11.44%), Vitamin C: 37.53mg (45.49%), Manganese: 0.54mg (27.14%), Fiber: 5.82g (23.3%), Vitamin K: 20.19µg (19.23%), Vitamin B6: 0.35mg (17.43%), Potassium: 527.91mg (15.08%), Vitamin E: 2.08mg (13.85%), Folate: 51.87µg (12.97%), Calcium: 126.96mg (12.7%), Phosphorus: 116.19mg (11.62%), Vitamin B2: 0.18mg (10.41%), Magnesium: 38.46mg (9.61%), Copper: 0.18mg (8.82%), Vitamin A: 384.75IU (7.69%), Vitamin B1: 0.11mg (7.34%), Iron: 1.27mg (7.04%), Vitamin B3: 1.26mg (6.32%), Zinc: 0.89mg (5.9%), Vitamin B12: 0.32µg (5.32%), Vitamin B5: 0.51mg (5.07%), Selenium: 3.38µg (4.83%)