



Grilled Vegetable Panini

 Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



193 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 baguettes
- ☐ 8 large basil leaves
- ☐ 2 small japanese eggplants medium to large
- ☐ 0.3 cup olive oil
- ☐ 1 small onion red cut into 1/2-inch-thick slices
- ☐ 0.5 cup roasted peppers red
- ☐ 12 servings salt and pepper black freshly ground
- ☐ 2 tomatoes sliced

- ☐ 8 ounces water-packed mozzarella cheese fresh drained sliced
- ☐ 2 slices zucchini

Equipment

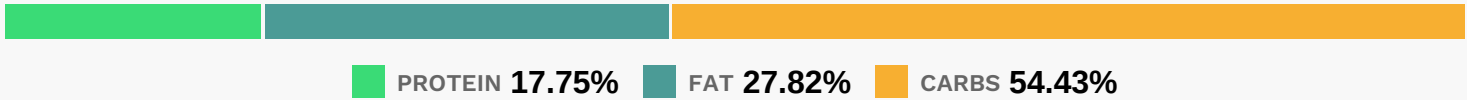
- ☐ bowl
- ☐ blender
- ☐ plastic wrap
- ☐ grill
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat a grill pan over medium-high heat.
- ☐ Drizzle the oil over the eggplant, zucchini, and onion slices, then sprinkle with salt and pepper. Working in batches, grill the eggplant, zucchini, and onions until they are tender and grill marks appear, about 4 minutes per side. Cool completely.
- ☐ Cut each baguette into 6 pieces. Working with one baguette piece at a time, slice in half and spread both sides with the pesto. Working with the bottom slice of the baguette, stack 2 slices of eggplant, 2 slices zucchini, 1 slice onion, 1 slice tomato, 1 slice mozzarella, and 1 slice of roasted pepper.
- ☐ Sprinkle with salt and pepper.
- ☐ Place top half of baguette on top and continue with remaining baguette. (The sandwiches can be made 4 hours ahead. Wrap well with plastic wrap and refrigerate.)
- ☐ cups fresh basil leaves
- ☐ /4 cup toasted pine nuts
- ☐ garlic cloves, peeled
- ☐ /2 teaspoon salt
- ☐ /4 teaspoon freshly ground black pepper
- ☐ /3 cup (about) extra-virgin olive oil
- ☐ /2 cup grated Parmesan

- ☐ In a blender, pulse the basil, pine nuts, garlic, 1/2 teaspoon of salt, and 1/4 teaspoon of pepper until finely chopped. With the blender still running, gradually add enough oil to form a smooth and thick consistency.
- ☐ Transfer the pesto to a medium bowl and stir in 1/2 cup of cheese. Season the pesto with more salt and pepper, to taste. (The pesto can be made 2 days ahead. Cover and refrigerate.)

Nutrition Facts



Properties

Glycemic Index:23.65, Glycemic Load:14.83, Inflammation Score:-5, Nutrition Score:10.77782611225%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 192.79kcal (9.64%), Fat: 6.03g (9.28%), Saturated Fat: 0.93g (5.82%), Carbohydrates: 26.55g (8.85%), Net Carbohydrates: 22.87g (8.31%), Sugar: 5.62g (6.24%), Cholesterol: 6.8mg (2.27%), Sodium: 381.92mg (16.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.66g (17.32%), Selenium: 20.28µg (28.97%), Vitamin B3: 4.44mg (22.19%), Manganese: 0.44mg (21.87%), Vitamin B1: 0.29mg (19.48%), Folate: 68.48µg (17.12%), Fiber: 3.68g (14.73%), Iron: 2.1mg (11.66%), Vitamin B2: 0.19mg (11.03%), Vitamin B6: 0.21mg (10.46%), Vitamin C: 8.23mg (9.97%), Potassium: 336.73mg (9.62%), Phosphorus: 93.48mg (9.35%), Vitamin K: 9.67µg (9.21%), Vitamin B12: 0.49µg (8.1%), Vitamin E: 1.18mg (7.85%), Magnesium: 30.32mg (7.58%), Copper: 0.15mg (7.39%), Calcium: 61.8mg (6.18%), Vitamin A: 247.56IU (4.95%), Vitamin B5: 0.44mg (4.37%), Zinc: 0.65mg (4.3%), Vitamin D: 0.23µg (1.51%)