



Grilled-Vegetable Sandwich



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



330 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 large crusty rolls split
- ☐ 1 eggplant cut into 1/2-inch slices
- ☐ 0.5 teaspoon fresh-ground pepper black
- ☐ 0.8 cup olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 4 tablespoons pesto homemade store-bought
- ☐ 2 bell peppers red cut into wedges
- ☐ 1 onion red cut into 1/2-inch slices

- ☐ 4 leaves romaine lettuce
- ☐ 0.5 teaspoon salt
- ☐ 2 tomatoes sliced
- ☐ 1.5 teaspoons red-wine vinegar
- ☐ 1 zucchini cut into 1/2-inch slices

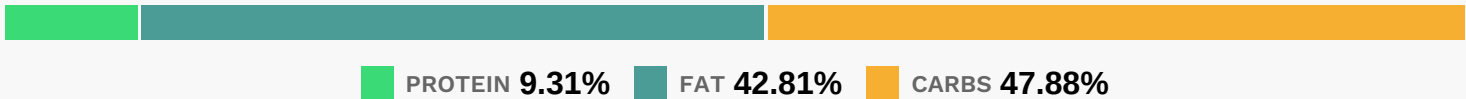
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Light the grill. In a large bowl, combine the oregano, the basil, if using, the salt, black pepper, vinegar, and oil.
- ☐ Add the eggplant, zucchini, bell peppers, and onion and stir to coat. Grill the vegetables in batches, turning once, until lightly browned and tender, 10 to 15 minutes per batch.
- ☐ Spread the inside of each roll with 1 tablespoon of the pesto. Sandwich the grilled vegetables, lettuce, and tomatoes in the rolls.
- ☐ Wine Recommendation: Alsace pinot blancs are among the most versatile of wines. Soft, nutty, and easy to drink, they partner vegetables, chicken, and fish equally well. And most appropriately for this unpretentious sandwich, they are always inexpensive.
- ☐ Notes: Slice zucchini lengthwise for grilling, so that you won't have to contend with all those little rounds of squash threatening to fall through the grate.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:3.13, Inflammation Score:-10, Nutrition Score:26.203478211942%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg

0.04mg, Apigenin: 0.04mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 7.06mg, Quercetin: 7.06mg, Quercetin: 7.06mg, Quercetin: 7.06mg

Nutrients (% of daily need)

Calories: 330.33kcal (16.52%), Fat: 16.3g (25.08%), Saturated Fat: 2.66g (16.61%), Carbohydrates: 41.02g (13.67%), Net Carbohydrates: 32.16g (11.7%), Sugar: 11.52g (12.8%), Cholesterol: 1.2mg (0.4%), Sodium: 693.25mg (30.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.98g (15.96%), Vitamin C: 99.05mg (120.06%), Vitamin A: 5251.2IU (105.02%), Vitamin K: 51.87µg (49.4%), Manganese: 0.87mg (43.34%), Folate: 166.67µg (41.67%), Fiber: 8.86g (35.44%), Vitamin B1: 0.38mg (25.36%), Vitamin B6: 0.47mg (23.74%), Potassium: 830.22mg (23.72%), Vitamin E: 3.11mg (20.7%), Vitamin B3: 3.93mg (19.64%), Selenium: 12.78µg (18.26%), Vitamin B2: 0.31mg (18.17%), Iron: 2.71mg (15.07%), Magnesium: 55.88mg (13.97%), Phosphorus: 130.11mg (13.01%), Copper: 0.25mg (12.71%), Calcium: 116.77mg (11.68%), Vitamin B5: 0.94mg (9.41%), Zinc: 1.11mg (7.39%)