



Grilled-Vegetable Sandwich with Romesco Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



259 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 ounces peasant bread 1-inch-thick toasted ()
- ☐ 0.8 pound eggplant
- ☐ 2 tablespoons romesco sauce divided
- ☐ 0.5 inch onion
- ☐ 1 bell pepper red halved seeded
- ☐ 0.3 teaspoon salt

- ☐ 1 bell pepper yellow halved seeded
- ☐ 1 small zucchini

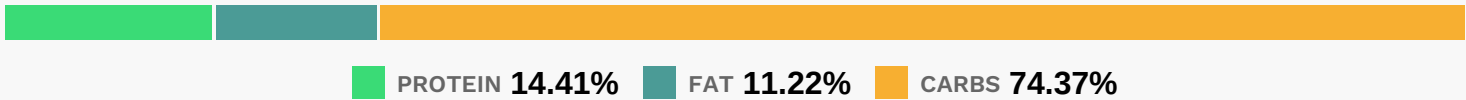
Equipment

- ☐ grill
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Prepare grill or broiler.
- ☐ Cut eggplant lengthwise into 4 (1/2-inch-thick) slices.
- ☐ Cut zucchini lengthwise into 4 (1/4-inch-thick) slices. Reserve remaining eggplant and zucchini for another use. Coat both sides of eggplant, zucchini, onion, and bell peppers with cooking spray.
- ☐ Place vegetables on grill rack or broiler pan coated with cooking spray; cook 5 minutes on each side or until tender.
- ☐ Remove from grill or broiler; sprinkle with salt and black pepper.
- ☐ Spread 1 1/2 teaspoons Romesco Sauce over each of 2 bread slices; layer each slice with 2 eggplant slices, 2 zucchini slices, 1 onion slice, half of red bell pepper, and half of yellow bell pepper.
- ☐ Spread 1 1/2 teaspoons sauce over remaining bread slices; place on top of sandwiches.
- ☐ Cut each sandwich in half; secure with wooden picks.

Nutrition Facts



Properties

Glycemic Index:97.33, Glycemic Load:16.92, Inflammation Score:-10, Nutrition Score:24.482174085534%

Flavonoids

Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 258.63kcal (12.93%), Fat: 3.39g (5.22%), Saturated Fat: 0.56g (3.5%), Carbohydrates: 50.58g (16.86%), Net Carbohydrates: 40.76g (14.82%), Sugar: 16.72g (18.58%), Cholesterol: 0mg (0%), Sodium: 750.64mg (32.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.8g (19.6%), Vitamin C: 199.81mg (242.19%), Manganese: 1.34mg (67.23%), Vitamin A: 2141.58IU (42.83%), Fiber: 9.82g (39.28%), Folate: 142.78µg (35.69%), Vitamin B6: 0.58mg (28.83%), Vitamin B3: 5.66mg (28.28%), Potassium: 879.45mg (25.13%), Vitamin B1: 0.38mg (25.02%), Selenium: 17.21µg (24.59%), Vitamin B2: 0.33mg (19.26%), Magnesium: 72.46mg (18.11%), Iron: 3.21mg (17.82%), Phosphorus: 166.71mg (16.67%), Copper: 0.33mg (16.53%), Vitamin K: 14.6µg (13.9%), Vitamin B5: 1.36mg (13.56%), Vitamin E: 1.63mg (10.88%), Calcium: 107.77mg (10.78%), Zinc: 1.31mg (8.7%)