



## Grilled Vegetable Sandwiches

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 16 ounce bread french sliced in half lengthwise
- 1 fennel bulb cut into 1/4-inch slices
- 1 tablespoon herbs de provence dried
- 0.5 cup olive oil divided
- 4 servings pepper to taste
- 4 slices provolone cheese
- 1 onion red cut into 1/4-inch slices
- 0.5 teaspoon salt

- 2 summer squash cut into 1/4-inch rounds
- 2 zucchini cut into 1/4-inch rounds

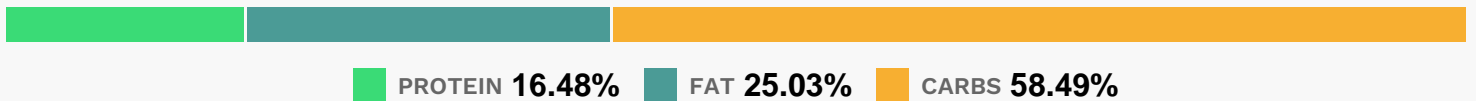
## Equipment

- grill

## Directions

- Preheat grill to 40
- Mix 1/4 cup olive oil with herbes de Provence and salt, and brush on vegetables.
- Grill vegetables 10 minutes or until soft.
- Brush bread with remaining olive oil, and sprinkle with pepper. Grill bread, cut sides down, 3 to 4 minutes or until crispy.
- Assemble vegetables and cheese on half of the French bread loaf. Close sandwich, and grill until cheese melts. Slice and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:64.63, Glycemic Load:48.18, Inflammation Score:-8, Nutrition Score:30.734347960223%

## Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.36mg, Quercetin: 6.36mg, Quercetin: 6.36mg, Quercetin: 6.36mg

## Nutrients (% of daily need)

Calories: 487.35kcal (24.37%), Fat: 13.91g (21.4%), Saturated Fat: 4.81g (30.08%), Carbohydrates: 73.13g (24.38%), Net Carbohydrates: 65.9g (23.97%), Sugar: 13.43g (14.93%), Cholesterol: 13.11mg (4.37%), Sodium: 1153.47mg (50.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.61g (41.22%), Vitamin K: 65.77µg (62.64%), Vitamin B1: 0.92mg (61.57%), Manganese: 1.18mg (59.02%), Folate: 217.1µg (54.27%), Vitamin C: 43.76mg (53.04%), Selenium: 36.18µg (51.68%), Vitamin B2: 0.81mg (47.46%), Iron: 7mg (38.9%), Vitamin B3: 6.87mg (34.36%),

Phosphorus: 327.18mg (32.72%), Fiber: 7.23g (28.92%), Calcium: 287.55mg (28.76%), Vitamin B6: 0.57mg (28.74%), Potassium: 963.36mg (27.52%), Magnesium: 90.98mg (22.75%), Zinc: 2.62mg (17.46%), Copper: 0.34mg (16.94%), Vitamin A: 676.69IU (13.53%), Vitamin E: 1.72mg (11.44%), Vitamin B5: 0.99mg (9.92%), Vitamin B12: 0.28µg (4.62%)