



Grilled Vegetable Sandwiches

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



167 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 9 inch flour
- ☐ 4 servings herbed goat cheese
- ☐ 0.5 teaspoon ground pepper red
- ☐ 1 tablespoon honey
- ☐ 0.3 cup juice of lemon
- ☐ 1 medium size purple onion
- ☐ 2 bell peppers red
- ☐ 0.3 cup kikkoman soy sauce

☐ 2 zucchini

Equipment

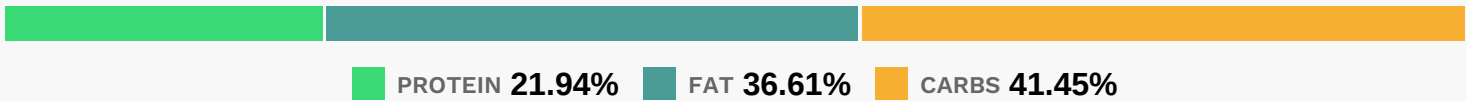
☐ bowl

☐ grill

Directions

- ☐ Cut zucchini diagonally into 1/2-inch-thick slices; cut onion into 1/4-inch-thick slices.
- ☐ Cut bell peppers into 1-inch-wide strips.
- ☐ Stir together soy sauce and next 3 ingredients in a large bowl; add vegetables, tossing gently to coat.
- ☐ Let mixture stand at room temperature 1 hour, stirring occasionally.
- ☐ Coat food rack with cooking spray; place on grill over medium-high heat (350 to 400). Arrange marinated vegetables on rack, and grill, without grill lid, 6 to 8 minutes on each side.
- ☐ Trim 1/2 inch from each end of focaccia, and cut bread into 4 equal squares. Slice each square horizontally in half. Toast bread on grill, if desired.
- ☐ Spread cut sides evenly with Herbed Goat Cheese; place grilled vegetables evenly on bottom halves of bread, and then top with remaining bread.
- ☐ Serve sandwiches immediately.

Nutrition Facts



Properties

Glycemic Index:53.57, Glycemic Load:5.16, Inflammation Score:-9, Nutrition Score:15.665652254353%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg

Nutrients (% of daily need)

Calories: 167.2kcal (8.36%), Fat: 7.24g (11.14%), Saturated Fat: 4.52g (28.23%), Carbohydrates: 18.44g (6.15%), Net Carbohydrates: 15.4g (5.6%), Sugar: 11.45g (12.72%), Cholesterol: 13.8mg (4.6%), Sodium: 965.22mg (41.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.76g (19.52%), Vitamin C: 101.86mg (123.46%), Vitamin A: 2474.33IU (49.49%), Vitamin B6: 0.48mg (24.21%), Manganese: 0.39mg (19.45%), Vitamin B2: 0.29mg (17.22%), Folate: 65.75µg (16.44%), Copper: 0.32mg (15.86%), Phosphorus: 158.5mg (15.85%), Potassium: 483.49mg (13.81%), Fiber: 3.04g (12.15%), Magnesium: 39.53mg (9.88%), Iron: 1.64mg (9.14%), Vitamin B3: 1.8mg (9%), Vitamin B1: 0.12mg (8.19%), Vitamin E: 1.21mg (8.1%), Vitamin K: 7.98µg (7.6%), Calcium: 72.67mg (7.27%), Vitamin B5: 0.7mg (7.04%), Zinc: 0.87mg (5.82%), Selenium: 1.43µg (2.04%)