



Grilled Vegetable Sandwiches with Sherry Vinaigrette and Manchego on Ciabatta

READY IN



75 min.

SERVINGS



4

CALORIES



815 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large beefsteak tomatoes cut into 1/ slices
- ☐ 4 servings canola oil extra-virgin for grilling
- ☐ 1 loaf ciabatta bread sliced lengthwise
- ☐ 1 tablespoon dijon mustard
- ☐ 3 japanese eggplants sliced in 1/2 lengthwise
- ☐ 0.3 cup flat-leaf parsley leaves chopped for garnish
- ☐ 3 cloves garlic finely chopped
- ☐ 8 slices manchego cheese

- ☐ 0.5 cup olive oil extra-virgin plus more for drizzling bread
- ☐ 3 bell peppers red
- ☐ 1 onion red peeled sliced into 1/ slices
- ☐ 4 servings salt and pepper
- ☐ 0.3 cup aged sherry vinegar

Equipment

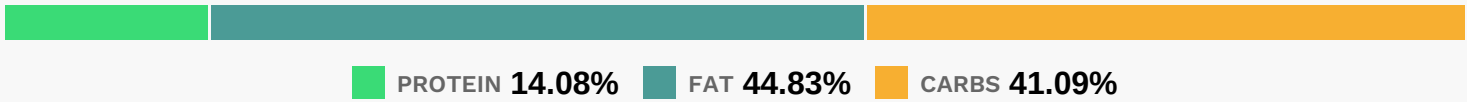
- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat grill to high.
- ☐ Brush eggplant, peppers, and onion and tomato slices with oil and season with salt and pepper. Grill eggplant, tomato, and onion on both sides until slightly charred and just cooked through. Grill peppers on all sides until charred, remove from the grill, place in a bag, and let rest 10 minutes.
- ☐ Remove skin from the peppers and cut into 1-inch slices.
- ☐ Cut the eggplant, tomato, and onion into large dice.
- ☐ Whisk garlic, 1/4 cup chopped parsley, and 1/2 cup olive oil together in a large bowl.
- ☐ Add the cut vegetables to the bowl and let marinate at room temperature for 30 minutes.
- ☐ Drizzle cut sides of ciabatta with 2 to 3 tablespoons olive oil, sprinkle with salt and pepper, and grill, cut side down, for 1 to 2 minutes.
- ☐ Brush grilled bread with some of the Sherry Vinaigrette and then layer on the mixed vegetables and Manchego.
- ☐ Drizzle with more vinaigrette and top with torn parsley.
- ☐ Place other piece of bread on top, wrap sandwich in foil, and place on grill with 2 foil-wrapped bricks on top. Grill for 2 to 3 minutes.
- ☐ Remove from grill and foil and cut sandwich crosswise into 2-inch thick slices.

Whisk all ingredients together in a medium bowl. Season, to taste, with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:55.25, Glycemic Load:5.78, Inflammation Score:-10, Nutrition Score:32.100869572681%

Flavonoids

Delphinidin: 294.35mg, Delphinidin: 294.35mg, Delphinidin: 294.35mg, Delphinidin: 294.35mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg

Nutrients (% of daily need)

Calories: 814.57kcal (40.73%), Fat: 41.44g (63.75%), Saturated Fat: 17.35g (108.43%), Carbohydrates: 85.44g (28.48%), Net Carbohydrates: 70.2g (25.53%), Sugar: 19.38g (21.54%), Cholesterol: 59.92mg (19.97%), Sodium: 1146.07mg (49.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.28g (58.57%), Vitamin C: 141.26mg (171.22%), Vitamin K: 96.49µg (91.9%), Vitamin A: 4208.79IU (84.18%), Calcium: 664.01mg (66.4%), Fiber: 15.24g (60.95%), Manganese: 1.1mg (54.79%), Vitamin E: 5.74mg (38.28%), Potassium: 1258.01mg (35.94%), Folate: 140.63µg (35.16%), Vitamin B6: 0.68mg (34.16%), Magnesium: 75.74mg (18.94%), Vitamin B3: 3.73mg (18.63%), Copper: 0.37mg (18.55%), Vitamin B1: 0.24mg (16.07%), Phosphorus: 144.88mg (14.49%), Vitamin B5: 1.4mg (13.97%), Vitamin B2: 0.24mg (13.83%), Iron: 1.97mg (10.94%), Zinc: 1.06mg (7.06%), Selenium: 2.86µg (4.08%)