



Grilled Veggie Naan-wich with Sun-dried Tomato and Goat Cheese Spread

 Vegetarian

READY IN



65 min.

SERVINGS



4

CALORIES



1114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 3 banana peppers seeds removed and quartered lengthwise stemmed
- ☐ 1 tablespoon dijon mustard
- ☐ 2 cups basil leaves fresh packed
- ☐ 2 tablespoons thyme leaves fresh finely chopped
- ☐ 3 cloves garlic grated
- ☐ 3 ounces goat cheese at room temperature

- ☐ 1 teaspoon honey
- ☐ 8 pieces naan breads whole wheat
- ☐ 0.5 cup olive oil
- ☐ 4 servings olive oil for brushing
- ☐ 2 large portobello mushroom caps
- ☐ 1 large onion red cut into 1/4-inch slices
- ☐ 4 servings salt and freshly cracked pepper black
- ☐ 3 ounces sun-dried tomatoes minced
- ☐ 2 medium baby squash yellow sliced lengthwise into 1/4-inch strips
- ☐ 2 medium zucchini sliced lengthwise into 1/4-inch strips

Equipment

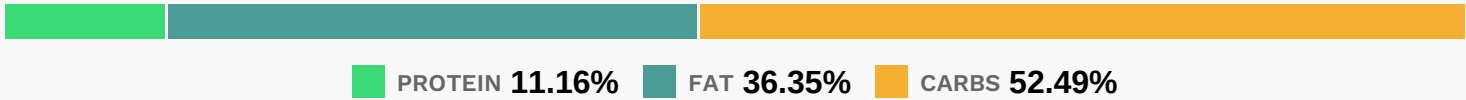
- ☐ baking pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Mix the oil, vinegar, thyme, Dijon, honey and garlic together. Season with salt and pepper and set aside.
- ☐ Clean the gills of the portobello mushrooms by using a spoon and scraping out the black gills from the underside of the cap.
- ☐ Place all the vegetables in a baking dish and then pour the marinade over them and toss. Allow the marinade to work its magic for 15 to 30 minutes.
- ☐ Heat a grill pan over medium-high heat.
- ☐ Grill the vegetables, in batches if necessary, until nice grill marks appear, 3 to 5 minutes a side. Set the cooked vegetables aside until ready to assemble (you can place them back in the baking dish where they were marinating). Once the mushrooms come off the grill, slice them thinly on the diagonal.
- ☐ Mix the goat cheese with the sun-dried tomatoes and season with some salt and pepper.

☐ For the naan-wich build: Lightly brush the naan with oil and grill on both sides, just until some grill marks appear, 2 to 3 minutes per side. Start by schmearing some of the goat cheese spread on each piece of the griddled naan, and then layer the grilled vegetables high and top with a generous amount of basil, closing the naan-wich with the other slice of naan. Slice the sandwich on the diagonal and then enjoy feeling healthier with each bite.

Nutrition Facts



Properties

Glycemic Index:95.82, Glycemic Load:6.61, Inflammation Score:-10, Nutrition Score:29.118260824162%

Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg 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: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg

Nutrients (% of daily need)

Calories: 1113.86kcal (55.69%), Fat: 45.08g (69.35%), Saturated Fat: 10.03g (62.71%), Carbohydrates: 146.44g (48.81%), Net Carbohydrates: 135.64g (49.32%), Sugar: 26.43g (29.37%), Cholesterol: 29.62mg (9.87%), Sodium: 2049.93mg (89.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.15g (62.3%), Vitamin K: 79.08µg (75.31%), Vitamin C: 59.26mg (71.83%), Manganese: 1.1mg (54.97%), Potassium: 1545.54mg (44.16%), Fiber: 10.8g (43.21%), Copper: 0.78mg (38.82%), Vitamin B6: 0.68mg (34.04%), Vitamin A: 1625.67IU (32.51%), Vitamin B2: 0.51mg (30.2%), Calcium: 295.16mg (29.52%), Phosphorus: 280.61mg (28.06%), Vitamin B3: 5.16mg (25.79%), Iron: 4.56mg (25.32%), Magnesium: 100.1mg (25.02%), Folate: 98.21µg (24.55%), Vitamin E: 3.25mg (21.64%), Vitamin B1: 0.28mg (18.61%), Selenium: 11.77µg (16.82%), Vitamin B5: 1.54mg (15.38%), Zinc: 1.73mg (11.53%), Vitamin D: 0.21µg (1.41%), Vitamin B12: 0.06µg (1.02%)