



Grilled Veggie Sandwiches

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



239 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 ounces weight cream cheese fat-free
- 1 small eggplant
- 1 garlic clove minced
- 0.3 cup goat cheese crumbled
- 4 hamburger buns whole wheat split
- 1 medium onion sliced
- 0.1 teaspoon pepper
- 1 large bell pepper sweet red cut into rings

- 0.1 teaspoon salt
- 1 small to 3 sized squashes yellow
- 1 small zucchini

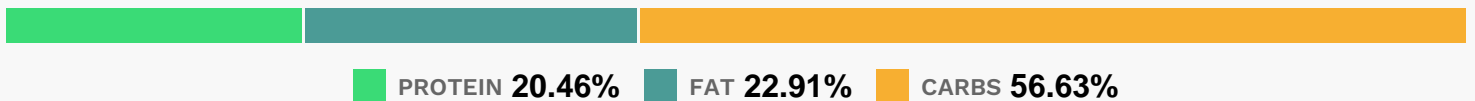
Equipment

- bowl
- grill

Directions

- Cut the zucchini, squash and eggplant into 1/4-in.-thick strips; spritz with cooking spray. Spritz onion and red pepper with cooking spray.
- Grill vegetables, covered, over medium heat for 4–5 minutes on each side or until crisp-tender.
- Remove and keep warm. Grill buns, cut side down, over medium heat for 30–60 seconds or until toasted.
- In a small bowl, combine the cheeses, garlic, salt and pepper; spread over bun bottoms. Top with vegetables. Replace bun tops.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:2.46, Inflammation Score:-9, Nutrition Score:21.086521775826%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg

Nutrients (% of daily need)

Calories: 239.42kcal (11.97%), Fat: 6.41g (9.87%), Saturated Fat: 2.94g (18.4%), Carbohydrates: 35.67g (11.89%), Net Carbohydrates: 28.54g (10.38%), Sugar: 12.43g (13.81%), Cholesterol: 9.08mg (3.03%), Sodium: 488.36mg (21.23%),

Alcohol: Og (100%), Protein: 12.88g (25.77%), Vitamin C: 67.56mg (81.9%), Manganese: 0.95mg (47.31%), Vitamin A: 1586.83IU (31.74%), Folate: 124.04µg (31.01%), Fiber: 7.12g (28.5%), Phosphorus: 272.2mg (27.22%), Vitamin B2: 0.41mg (23.82%), Selenium: 16.5µg (23.57%), Vitamin B6: 0.46mg (22.89%), Vitamin B1: 0.34mg (22.35%), Potassium: 681.8mg (19.48%), Vitamin B3: 3.58mg (17.9%), Copper: 0.35mg (17.65%), Calcium: 167.57mg (16.76%), Iron: 2.82mg (15.65%), Magnesium: 61.07mg (15.27%), Vitamin B5: 1.09mg (10.93%), Zinc: 1.44mg (9.63%), Vitamin K: 10.09µg (9.61%), Vitamin E: 1.13mg (7.53%), Vitamin B12: 0.23µg (3.89%)