



Grilled Zucchini Caprese Sandwiches

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoons balsamic vinegar
- 0.1 teaspoon pepper black
- 8 ounce ciabatta rolls split toasted
- 8 large basil fresh
- 8 large basil fresh
- 6 ounces mozzarella fresh thinly sliced
- 1 garlic clove minced
- 0.1 teaspoon kosher salt

- 4 teaspoons olive oil extra virgin extra-virgin divided
- 1 medium tomatoes thinly sliced
- 1 medium zucchini trimmed cut lengthwise into 6 slices

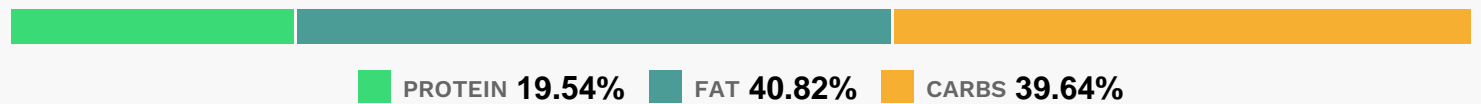
Equipment

- frying pan
- grill
- grill pan

Directions

- Heat a large grill pan over medium-high heat.
- Place zucchini in a shallow dish.
- Add 2 teaspoons oil and garlic; toss to coat. Arrange zucchini in grill pan; cook 2 minutes on each side or until grill marks appear.
- Cut each zucchini piece in half crosswise. Return zucchini to shallow dish.
- Drizzle with vinegar.
- Sprinkle with salt and black pepper.
- Brush bottom halves of rolls with the remaining 2 teaspoons oil. Top evenly with zucchini, basil, tomatoes, and mozzarella.
- Brush cut side of roll tops with remaining liquid from shallow dish, and place on sandwiches.
- Heat the sandwiches in pan until warm.

Nutrition Facts



Properties

Glycemic Index:83, Glycemic Load:0.97, Inflammation Score:-5, Nutrition Score:8.3739130030508%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg,

Myricetin: 0.05mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 309.93kcal (15.5%), Fat: 14.14g (21.75%), Saturated Fat: 6.42g (40.15%), Carbohydrates: 30.89g (10.3%), Net Carbohydrates: 29.35g (10.67%), Sugar: 2.76g (3.07%), Cholesterol: 33.59mg (11.2%), Sodium: 623.3mg (27.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.22g (30.45%), Calcium: 230.72mg (23.07%), Phosphorus: 179.03mg (17.9%), Vitamin C: 13.51mg (16.37%), Vitamin B12: 0.97µg (16.16%), Vitamin A: 726.42IU (14.53%), Vitamin K: 14.68µg (13.98%), Selenium: 7.44µg (10.63%), Vitamin B2: 0.17mg (10.26%), Zinc: 1.47mg (9.83%), Manganese: 0.18mg (8.8%), Potassium: 243.8mg (6.97%), Vitamin B6: 0.13mg (6.61%), Fiber: 1.54g (6.16%), Vitamin E: 0.9mg (5.97%), Magnesium: 22.25mg (5.56%), Folate: 20.47µg (5.12%), Vitamin B1: 0.05mg (3.22%), Iron: 0.56mg (3.1%), Copper: 0.06mg (2.93%), Vitamin B3: 0.47mg (2.34%), Vitamin B5: 0.2mg (1.96%), Vitamin D: 0.17µg (1.13%)