



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
- ☐ 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

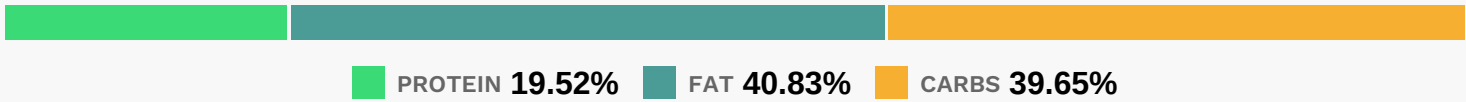
Equipment

- ☐ 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:65.5, Glycemic Load:0.96, Inflammation Score:-5, Nutrition Score:8.1239131481751%

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: 309.75kcal (15.49%), Fat: 14.13g (21.74%), Saturated Fat: 6.42g (40.15%), Carbohydrates: 30.87g (10.29%), Net Carbohydrates: 29.34g (10.67%), Sugar: 2.76g (3.07%), Cholesterol: 33.59mg (11.2%), Sodium: 623.26mg (27.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.2g (30.4%), Calcium: 229.3mg (22.93%), Phosphorus: 178.59mg (17.86%), Vitamin C: 13.36mg (16.2%), Vitamin B12: 0.97µg (16.16%), Vitamin A: 684.22IU (13.68%), Vitamin K: 11.36µg (10.82%), Selenium: 7.44µg (10.63%), Vitamin B2: 0.17mg (10.22%), Zinc: 1.47mg (9.79%), Manganese: 0.17mg (8.34%), Potassium: 241.44mg (6.9%), Vitamin B6: 0.13mg (6.55%), Fiber: 1.53g (6.11%), Vitamin E: 0.89mg (5.93%), Magnesium: 21.74mg (5.44%), Folate: 19.93µg (4.98%), Vitamin B1: 0.05mg (3.2%), Iron: 0.53mg (2.96%), Copper: 0.06mg (2.77%), Vitamin B3: 0.46mg (2.31%), Vitamin B5: 0.19mg (1.94%), Vitamin D: 0.17µg (1.13%)