



## Marinated Tofu-and-Eggplant Sandwiches

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound eggplant peeled ()
- 2 muffins split english toasted
- 2 teaspoons ginger fresh minced peeled
- 2 garlic cloves minced
- 2 teaspoons honey
- 2 teaspoons horseradish prepared
- 2 tablespoons mayonnaise light
- 1 tablespoon soya sauce low-sodium

- 1 tablespoon seasoned rice vinegar
- 2 large shiitake mushroom caps fresh
- 0.5 pound spicy tofu firm ()
- 2 tablespoons water

## Equipment

- bowl
- baking pan
- broiler
- broiler pan

## Directions

- Preheat broiler.
- To prepare marinade, combine first 6 ingredients in large shallow baking dish.
- Cut 2 slits into top of each eggplant slice.
- Add the eggplant slices, tofu slices, and mushrooms to marinade.
- Let mixture stand 6 minutes, turning after 3 minutes. Arrange eggplant, tofu, and mushrooms on a broiler pan coated with cooking spray. Broil 6 minutes on each side.
- Pour remaining marinade over eggplant, tofu, and mushrooms.
- Combine mayonnaise and horseradish in a small bowl.
- Spread mayonnaise mixture evenly over muffin halves. Top bottom half of each muffin with 1 eggplant slice, 1 tofu slice, 1 mushroom, remaining eggplant slice, and muffin top.

## Nutrition Facts



PROTEIN 19.58% FAT 23.58% CARBS 56.84%

## Properties

Glycemic Index:167.14, Glycemic Load:24.39, Inflammation Score:-6, Nutrition Score:13.834347766379%

## Flavonoids

Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## **Nutrients (% of daily need)**

Calories: 359.73kcal (17.99%), Fat: 9.69g (14.91%), Saturated Fat: 1.29g (8.05%), Carbohydrates: 52.54g (17.51%), Net Carbohydrates: 42.6g (15.49%), Sugar: 15.43g (17.15%), Cholesterol: 2.24mg (0.75%), Sodium: 701.55mg (30.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.1g (36.2%), Manganese: 0.87mg (43.39%), Fiber: 9.94g (39.75%), Calcium: 205.22mg (20.52%), Potassium: 705.52mg (20.16%), Folate: 80.19µg (20.05%), Phosphorus: 168.72mg (16.87%), Vitamin B6: 0.31mg (15.74%), Vitamin B3: 3.06mg (15.32%), Copper: 0.31mg (15.27%), Iron: 2.69mg (14.95%), Vitamin K: 15.57µg (14.83%), Magnesium: 55.65mg (13.91%), Vitamin B1: 0.2mg (13.66%), Vitamin B2: 0.23mg (13.48%), Vitamin B5: 1.17mg (11.67%), Vitamin C: 7.36mg (8.92%), Zinc: 1.08mg (7.2%), Vitamin E: 1.03mg (6.85%), Selenium: 2.56µg (3.65%), Vitamin A: 62.33IU (1.25%)