



Mediterranean Grilled Vegetable Tartine

 Vegetarian

READY IN



175 min.

SERVINGS



4

CALORIES



333 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons balsamic vinegar
- 0.5 teaspoon pepper black
- 4 slices country bread
- 0.5 cup bean-chive hummus white
- 4 servings chives chopped for garnish
- 2 tablespoons basil dried
- 1 tablespoon marjoram dried
- 2 tablespoons parsley dried

- 2 japanese eggplants sliced lengthwise
- 2 tablespoons olive oil extra virgin
- 4 ounces feta crumbled
- 6 cloves garlic minced
- 1 teaspoon kosher salt
- 1 bell pepper red sliced into 1/2-inch strips
- 1 small onion red sliced into 1/4-inch rings
- 1 bell pepper yellow sliced into 1/2-inch strips
- 2 small zucchini sliced lengthwise

Equipment

- paper towels
- grill
- ziploc bags
- panini press

Directions

- In a large, resealable plastic bag, combine the olive oil, parsley, marjoram, basil, vinegar, salt, pepper and garlic.
- Place the eggplant, zucchini and bell peppers into the bag (reserve the onions). Seal and marinate for 1 to 2 hours in the refrigerator. Turn off the grill, allow it to cool and carefully wipe it clean with paper towels. Reheat the panini grill to medium-high heat. In batches, grill the marinated vegetables with the lid closed for 4 to 5 minutes until they are tender and grill marks appear. Try to grill in batches of the same type of vegetable (i.e., all of the eggplant together, all of the zucchini together, etc.) as the different vegetables may require slightly different cooking times.
- Drizzle a little of the remaining marinade over the onions and grill them with the lid closed for 4 to 5 minutes until they are tender and grill marks appear. You can either make the tartines right away or refrigerate the vegetables for a day or two.

Nutrition Facts



■ PROTEIN 13.91% ■ FAT 39.43% ■ CARBS 46.66%

Properties

Glycemic Index:97.92, Glycemic Load:11.73, Inflammation Score:-9, Nutrition Score:31.073478563972%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Apigenin: 45.06mg, Apigenin: 45.06mg, Apigenin: 45.06mg, Apigenin: 45.06mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 5.1mg, Isorhamnetin: 5.1mg, Isorhamnetin: 5.1mg, Isorhamnetin: 5.1mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 6.81mg, Quercetin: 6.81mg, Quercetin: 6.81mg, Quercetin: 6.81mg

Nutrients (% of daily need)

Calories: 332.88kcal (16.64%), Fat: 15.39g (23.68%), Saturated Fat: 5.17g (32.33%), Carbohydrates: 40.98g (13.66%), Net Carbohydrates: 29.51g (10.73%), Sugar: 15.06g (16.73%), Cholesterol: 25.23mg (8.41%), Sodium: 1058.58mg (46.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.21g (24.42%), Vitamin C: 116.77mg (141.54%), Vitamin K: 82.48µg (78.55%), Manganese: 1.54mg (77.19%), Fiber: 11.47g (45.88%), Vitamin B6: 0.72mg (35.8%), Folate: 139.9µg (34.98%), Vitamin B2: 0.55mg (32.46%), Vitamin A: 1619.95IU (32.4%), Calcium: 300.01mg (30%), Potassium: 1036.77mg (29.62%), Iron: 4.99mg (27.71%), Phosphorus: 255.54mg (25.55%), Magnesium: 94.43mg (23.61%), Vitamin B3: 4.48mg (22.39%), Vitamin B1: 0.33mg (22.04%), Selenium: 14.31µg (20.44%), Copper: 0.4mg (19.95%), Vitamin E: 2.68mg (17.84%), Vitamin B5: 1.52mg (15.23%), Zinc: 2.15mg (14.3%), Vitamin B12: 0.48µg (7.99%)