



Open-Faced Eggplant-Olive Sandwiches

READY IN



22 min.

SERVINGS



4

CALORIES



377 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons caesar dressing light divided
- ☐ 1 tablespoon capers rinsed drained
- ☐ 2 pound eggplant ()
- ☐ 2.8 ounce havarti cheese sliced reduced-fat
- ☐ 4.4 ounce bread italian with sesame seeds, toasted
- ☐ 0.3 cup pimiento-stuffed olives chopped
- ☐ 0.3 cup tomato and basil pasta sauce

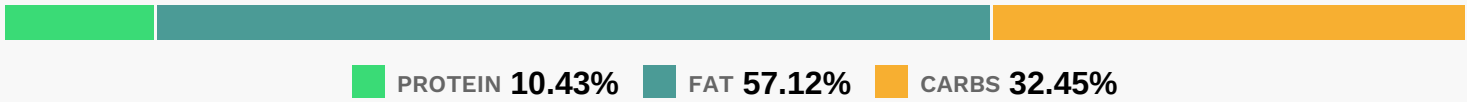
Equipment

- ☐ aluminum foil
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Brush 2 tablespoons dressing evenly over both sides of eggplant slices.
- ☐ Place eggplant on a foil-lined broiler pan coated with cooking spray; cook 8 minutes. Turn and spread pasta sauce evenly over eggplant; cook 7 minutes.
- ☐ Place 1 cheese slice on each eggplant slice; cook 1 minute or until cheese melts. Top each bread slice with eggplant.
- ☐ Combine olives, capers, and 1 tablespoon dressing; sprinkle evenly over each sandwich.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:1.96, Inflammation Score:-6, Nutrition Score:11.995217350514%

Flavonoids

Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg

Nutrients (% of daily need)

Calories: 376.51kcal (18.83%), Fat: 24.6g (37.85%), Saturated Fat: 10.67g (66.7%), Carbohydrates: 31.45g (10.48%), Net Carbohydrates: 22.91g (8.33%), Sugar: 18.57g (20.63%), Cholesterol: 21.76mg (7.25%), Sodium: 619.84mg (26.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.11g (20.22%), Fiber: 8.54g (34.17%), Manganese: 0.54mg (27.18%), Folate: 82.38µg (20.6%), Vitamin K: 20.12µg (19.17%), Potassium: 632.89mg (18.08%), Phosphorus: 173.78mg (17.38%), Calcium: 153.85mg (15.38%), Vitamin B3: 2.93mg (14.66%), Vitamin E: 1.68mg (11.18%), Magnesium: 44.2mg (11.05%), Copper: 0.22mg (10.97%), Vitamin B6: 0.21mg (10.71%), Vitamin B2: 0.18mg (10.7%), Vitamin B1: 0.15mg (9.68%), Zinc: 1.24mg (8.27%), Iron: 1.45mg (8.04%), Vitamin B5: 0.72mg (7.16%), Vitamin C: 5.58mg (6.77%), Vitamin A: 296.07IU (5.92%), Vitamin B12: 0.28µg (4.62%), Selenium: 2.64µg (3.78%)