



Open-Faced Eggplant Sandwiches

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 large basil leaves
- 1 medium eggplant ()
- 2 large eggs lightly beaten
- 0.3 cup flour all-purpose
- 0.3 teaspoon kosher salt
- 0.5 cup lower-sodium marinara sauce
- 1 cup panko bread crumbs (Japanese breadcrumbs)
- 4 ounces mozzarella cheese fresh shredded

4 ounce country wheat bread toasted

Equipment

baking sheet

broiler

microwave

measuring cup

Directions

Preheat broiler to high.

Place marinara in a microwave-safe measuring cup. Microwave at HIGH for 2 minutes or until hot; keep warm.

Place flour in a shallow dish.

Place eggs in another dish.

Place panko in another.

Sprinkle eggplant evenly with salt. Dredge both sides of eggplant slices in flour; dip in egg, and dredge in panko.


Place breaded eggplant slices on a baking sheet coated with cooking spray. Broil eggplant 3 minutes on each side or until lightly browned.

Transfer eggplant slices to a plate.

Place bread slices on baking sheet; top each slice with 1 basil leaf.

Place 1 eggplant slice over each leaf; top eggplant with 1 basil leaf and 1/2 ounce cheese. Top cheese with remaining slices of eggplant; finish with 1/2 ounce of cheese over each eggplant slice. Broil eggplant stacks 3 minutes or until cheese is lightly browned and bubbly. Spoon 2 tablespoons marinara over each serving. Top with remaining basil leaves.

Nutrition Facts

 PROTEIN 21.31%  FAT 29.88%  CARBS 48.81%

Properties

Glycemic Index:79.17, Glycemic Load:14.77, Inflammation Score:-7, Nutrition Score:18.632173911385%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 326.22kcal (16.31%), Fat: 10.92g (16.8%), Saturated Fat: 4.97g (31.04%), Carbohydrates: 40.16g (13.39%), Net Carbohydrates: 33.59g (12.21%), Sugar: 7.73g (8.59%), Cholesterol: 115.4mg (38.47%), Sodium: 743.68mg (32.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.53g (35.06%), Manganese: 1.14mg (57.11%), Selenium: 27.65µg (39.5%), Phosphorus: 282.38mg (28.24%), Vitamin B1: 0.41mg (27.24%), Fiber: 6.57g (26.28%), Calcium: 249.19mg (24.92%), Vitamin B2: 0.42mg (24.51%), Folate: 89.52µg (22.38%), Vitamin B3: 3.97mg (19.86%), Iron: 3.09mg (17.18%), Vitamin B12: 0.92µg (15.36%), Magnesium: 60.64mg (15.16%), Potassium: 524.2mg (14.98%), Zinc: 2.2mg (14.67%), Copper: 0.27mg (13.56%), Vitamin B6: 0.26mg (13.25%), Vitamin K: 13.8µg (13.15%), Vitamin B5: 1.16mg (11.65%), Vitamin A: 549.73IU (10.99%), Vitamin E: 1.28mg (8.55%), Vitamin C: 4.88mg (5.91%), Vitamin D: 0.61µg (4.09%)