



Overstuffed Grilled Vegetable-Feta Sandwiches

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



248 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 ounces feta cheese crumbled
- 8 ounce bread french halved lengthwise
- 1 tablespoon basil fresh chopped
- 1 tablespoon basil fresh chopped
- 0.8 cup grape tomatoes halved
- 1 inch onion red
- 3 tablespoons salad dressing light italian with basil and romano (such as ken's steak house lite)

1.3 cups zucchini refrigerated yellow

Equipment

bowl

grill

Directions

Prepare grill.

Coat squash mix and onion evenly with cooking spray.

Place vegetables on grill rack; grill 4 minutes on each side or until crisp-tender and beginning to brown.

Place tomato in a medium bowl; add dressing and basil, tossing gently to coat.

Add cooked vegetables to tomato mixture; toss well.

Coat cut sides of bread with cooking spray. Grill bread 1 minute on each side or until lightly toasted. Spoon vegetable mixture over bottom half of bread; sprinkle evenly with cheese. Top with remaining bread half. Press down lightly; cut crosswise into 4 equal pieces.

Nutrition Facts



PROTEIN 15.89% **FAT 29.96%** **CARBS 54.15%**

Properties

Glycemic Index:81.88, Glycemic Load:23.34, Inflammation Score:-6, Nutrition Score:12.958695621594%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 248.31kcal (12.42%), Fat: 8.35g (12.85%), Saturated Fat: 3.48g (21.75%), Carbohydrates: 33.98g (11.33%), Net Carbohydrates: 31.96g (11.62%), Sugar: 5.55g (6.17%), Cholesterol: 18.92mg (6.31%), Sodium: 692.75mg (30.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.97g (19.94%), Vitamin B1: 0.47mg (31.13%), Selenium: 19.7µg (28.15%), Vitamin B2: 0.47mg (27.45%), Folate: 91.46µg (22.86%), Manganese: 0.42mg (21.18%), Vitamin B3:

3.32mg (16.6%), Phosphorus: 155.92mg (15.59%), Calcium: 146.99mg (14.7%), Iron: 2.64mg (14.69%), Vitamin K: 14.8µg (14.09%), Vitamin C: 11.5mg (13.93%), Vitamin B6: 0.25mg (12.48%), Zinc: 1.4mg (9.32%), Vitamin A: 461.65IU (9.23%), Magnesium: 33.93mg (8.48%), Fiber: 2.02g (8.09%), Potassium: 266.31mg (7.61%), Copper: 0.14mg (6.87%), Vitamin B12: 0.36µg (5.99%), Vitamin B5: 0.51mg (5.07%), Vitamin E: 0.6mg (3.97%)