



## 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
- 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

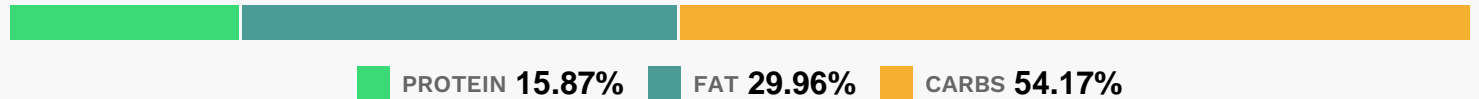
# Equipment

- 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



# Properties

Glycemic Index:64.38, Glycemic Load:23.34, Inflammation Score:-6, Nutrition Score:12.803478285022%

# 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: 248.19kcal (12.41%), Fat: 8.35g (12.85%), Saturated Fat: 3.48g (21.75%), Carbohydrates: 33.97g (11.32%), Net Carbohydrates: 31.95g (11.62%), Sugar: 5.55g (6.17%), Cholesterol: 18.92mg (6.31%), Sodium: 692.73mg (30.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.95g (19.91%), Vitamin B1: 0.47mg (31.12%), Selenium: 19.7µg (28.15%), Vitamin B2: 0.47mg (27.43%), Folate: 91.11µg (22.78%), Manganese: 0.42mg (20.89%), Vitamin B3: 3.32mg (16.57%), Phosphorus: 155.64mg (15.56%), Calcium: 146.11mg (14.61%), Iron: 2.63mg (14.6%), Vitamin C:

11.41mg (13.82%), Vitamin B6: 0.25mg (12.44%), Vitamin K: 12.72µg (12.12%), Zinc: 1.39mg (9.3%), Vitamin A: 435.28IU (8.71%), Magnesium: 33.61mg (8.4%), Fiber: 2.01g (8.06%), Potassium: 264.83mg (7.57%), Copper: 0.14mg (6.78%), Vitamin B12: 0.36µg (5.99%), Vitamin B5: 0.51mg (5.06%), Vitamin E: 0.59mg (3.95%)