



Portobello, Eggplant, and Roasted Red Pepper Panini

READY IN



540 min.

SERVINGS



4

CALORIES



216 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 slices asiago cheese thin
- 8 slices focaccia bread
- 4 slices eggplant peeled (1/)
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 teaspoons parmesan cheese grated
- 4 portobello mushroom caps
- 2 bell peppers red

Equipment

- bowl
- baking sheet
- oven
- plastic wrap
- grill
- aluminum foil
- broiler
- ziploc bags

Directions

- Preheat the oven's broiler and set the oven rack at about 6 inches from the heat source. Line a baking sheet with aluminum foil.
- Cut the peppers in half from top to bottom; remove the stem, seeds, and ribs, then place the peppers cut sides down onto the prepared baking sheet.
- Cook under the preheated broiler until the skin of the peppers has blackened and blistered, about 5 minutes.
- Place the blackened peppers into a bowl, and tightly seal with plastic wrap. Allow the peppers to steam as they cool, about 20 minutes. Once cool, remove the skins and discard. Refrigerate overnight.
- Place the portobello mushroom caps into a resealable plastic bag, and pour in the balsamic vinaigrette. Squeeze out excess air, and seal. Marinate overnight in the refrigerator.
- The following day, preheat an electric double sided grill (such as George Foreman® grill) according to manufacturers' directions.
- Sprinkle the eggplant slices with garlic powder and onion powder.
- Remove the portobello mushrooms from the marinade, and discard the remaining marinade. Cook on the preheated grill until tender 4 to 5 minutes. Cook the eggplant slices on the preheated grill until tender 4 to 5 minutes.
- Remove, set onto a plate, and sprinkle with Parmesan cheese. Set aside.
- To assemble the sandwiches, spread each slice of focaccia with ranch dressing.

- Place a slice of cheese on each piece of bread.
- Place the eggplant slices, roasted peppers, and a portobello mushroom onto four of the slices of bread. Top with the remaining bread.
- Spray the double sided grill with cooking spray, and cook the sandwiches until the cheese has melted, the sandwiches are hot in the center, and the bread is golden brown, 4 to 5 minutes.

Nutrition Facts



Properties

Glycemic Index:38.17, Glycemic Load:15.43, Inflammation Score:-9, Nutrition Score:22.462608834972%

Flavonoids

Delphinidin: 35.99mg, Delphinidin: 35.99mg, Delphinidin: 35.99mg, Delphinidin: 35.99mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 216.37kcal (10.82%), Fat: 4.04g (6.22%), Saturated Fat: 1.04g (6.49%), Carbohydrates: 37.19g (12.4%), Net Carbohydrates: 31.2g (11.35%), Sugar: 9.35g (10.39%), Cholesterol: 2.82mg (0.94%), Sodium: 335.62mg (14.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.03g (20.06%), Vitamin C: 77.32mg (93.72%), Selenium: 33.28µg (47.54%), Manganese: 0.91mg (45.28%), Vitamin B3: 7.77mg (38.86%), Vitamin A: 1902.85IU (38.06%), Folate: 108.62µg (27.16%), Fiber: 5.99g (23.94%), Vitamin B1: 0.33mg (22.32%), Phosphorus: 215.79mg (21.58%), Vitamin B6: 0.41mg (20.69%), Vitamin B2: 0.33mg (19.39%), Copper: 0.38mg (18.78%), Potassium: 625.77mg (17.88%), Vitamin B5: 1.75mg (17.45%), Iron: 2.71mg (15.06%), Calcium: 116.6mg (11.66%), Magnesium: 38.43mg (9.61%), Zinc: 1.42mg (9.47%), Vitamin E: 1.21mg (8.07%), Vitamin K: 7.21µg (6.87%), Vitamin D: 0.27µg (1.8%), Vitamin B12: 0.09µg (1.45%)