



Pressed Sandwich with Roasted Eggplant

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 baguette
- ☐ 3 tablespoons balsamic vinegar
- ☐ 2 medium eggplants
- ☐ 2 cups basil leaves fresh
- ☐ 0.3 pound mozzarella cheese
- ☐ 1 tablespoon olive oil
- ☐ 4 tablespoons olive oil
- ☐ 0.3 teaspoon pepper

☐ 0.3 teaspoon salt

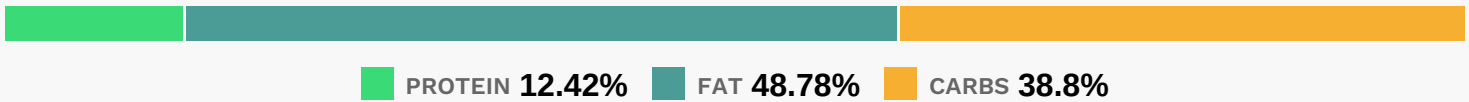
Equipment

- ☐ frying pan
- ☐ grill
- ☐ panini press

Directions

- ☐ Preheat grill to medium-high.
- ☐ Brush eggplants, cut into 1/2-inch thick rounds, with 4 tablespoons olive oil; sprinkle with salt and pepper. Grill eggplant until grill marks form (2-3 minutes); flip, and grill until tender (3-4 minutes more).
- ☐ Remove and drizzle with balsamic vinegar.
- ☐ Cut baguette into 4 pieces; slice each in half.
- ☐ Brush bottoms of baguette evenly with 1 tablespoon plus 1 teaspoon olive oil. Slice mozzarella into 8 slices; layer half of the slices among sandwiches. Top each sandwich with 1/2 cup fresh basil leaves, 3-4 slices eggplant, remaining cheese, and baguette tops. Press sandwiches in a panini press or in a large skillet over medium-high heat for 3 minutes per side.

Nutrition Facts



Properties

Glycemic Index:70.19, Glycemic Load:23.9, Inflammation Score:-8, Nutrition Score:21.590434520141%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 472.51kcal (23.63%), Fat: 26.04g (40.05%), Saturated Fat: 6.57g (41.05%), Carbohydrates: 46.59g (15.53%), Net Carbohydrates: 38.18g (13.89%), Sugar: 13.14g (14.6%), Cholesterol: 22.4mg (7.47%), Sodium: 717.54mg (31.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.91g (29.82%), Vitamin K: 71.08µg (67.7%), Manganese:

1mg (49.98%), Fiber: 8.41g (33.62%), Folate: 127.42µg (31.86%), Vitamin B1: 0.47mg (31.05%), Calcium: 254.7mg (25.47%), Vitamin E: 3.54mg (23.6%), Selenium: 16.3µg (23.28%), Phosphorus: 223.89mg (22.39%), Vitamin B3: 4.46mg (22.31%), Vitamin B2: 0.37mg (22.05%), Potassium: 674.16mg (19.26%), Iron: 3.39mg (18.81%), Vitamin A: 878IU (17.56%), Magnesium: 63.32mg (15.83%), Copper: 0.32mg (15.77%), Vitamin B6: 0.29mg (14.34%), Zinc: 1.8mg (11.98%), Vitamin B12: 0.65µg (10.77%), Vitamin B5: 0.95mg (9.47%), Vitamin C: 7.2mg (8.72%)