

Provençale Hero

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons balsamic vinegar
- 2 cups eggplant cubed peeled (1-inch) (1 medium)
- 16 ounce bread french cut in half lengthwise
- 2 garlic cloves minced
- 2 teaspoons penzey's southwest seasoning dried italian
- 2 tablespoons juice of lemon
- 2 teaspoons olive oil
- 6 ounce part-skim mozzarella cheese

- 0.5 teaspoon pepper
- 1 cup bell pepper red cubed (1-inch) (1 large)
- 1 tablespoon teaspoon rosemary dried fresh minced
- 1 cup tomatoes cubed (1-inch) (1 large)
- 2 tablespoons water
- 1.5 cups baby squash yellow cubed (1-inch) (2 small)
- 0.8 cup zucchini cubed (1-inch) (1 small)

Equipment

- bowl
- frying pan
- oven
- whisk

Directions

- Preheat oven to 425
- Combine first 8 ingredients in a large bowl; stir with a whisk.
- Add eggplant, yellow squash, bell pepper, and zucchini; toss gently.
- Place vegetable mixture in a jelly-roll pan.
- Bake at 425 for 20 minutes or until vegetables are tender, stirring occasionally.
- Combine roasted vegetables and cubed tomato, and toss gently. Arrange vegetable mixture on bottom half of loaf, and top with cheese slices and top half of loaf.
- Place loaf on a jelly-roll pan, and bake at 425 for 5 minutes or until cheese melts.
- Cut loaf crosswise into 6 pieces.

Nutrition Facts



Properties

Glycemic Index:69.08, Glycemic Load:31.93, Inflammation Score:-8, Nutrition Score:20.151304361613%

Flavonoids

Delphinidin: 23.42mg, Delphinidin: 23.42mg, Delphinidin: 23.42mg, Delphinidin: 23.42mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 324.91kcal (16.25%), Fat: 8.05g (12.39%), Saturated Fat: 3.55g (22.17%), Carbohydrates: 47.88g (15.96%), Net Carbohydrates: 43.61g (15.86%), Sugar: 8.44g (9.38%), Cholesterol: 18.14mg (6.05%), Sodium: 637.26mg (27.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.5g (33.01%), Vitamin C: 45.83mg (55.56%), Vitamin B1: 0.6mg (40.13%), Selenium: 26.1µg (37.28%), Manganese: 0.68mg (34.02%), Folate: 132.27µg (33.07%), Vitamin B2: 0.51mg (29.79%), Calcium: 293.77mg (29.38%), Phosphorus: 250.67mg (25.07%), Vitamin A: 1237.61IU (24.75%), Vitamin B3: 4.5mg (22.48%), Iron: 3.84mg (21.32%), Fiber: 4.27g (17.09%), Vitamin B6: 0.33mg (16.53%), Magnesium: 51.9mg (12.98%), Zinc: 1.9mg (12.65%), Potassium: 429.53mg (12.27%), Vitamin K: 11.87µg (11.3%), Copper: 0.2mg (9.99%), Vitamin E: 1.18mg (7.89%), Vitamin B5: 0.55mg (5.49%), Vitamin B12: 0.23µg (3.87%)