



Roasted Eggplant and Pickled Beet Sandwiches

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



411 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup flat parsley mixed fresh (such as flat-leaf parsley, dill, and mint)
- ☐ 2 tablespoons capers drained
- ☐ 1.5 pounds eggplant sliced into 1/2"-thick rounds
- ☐ 6 ounces feta cheese crumbled thinly sliced
- ☐ 1 garlic clove finely grated
- ☐ 4 servings pepper
- ☐ 0.5 cup mayonnaise

- ☐ 0.3 cup oil-cured olives pitted chopped
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup pickled beets chopped
- ☐ 4 spring onion thinly sliced
- ☐ 2 teaspoons sherry vinegar
- ☐ 0.3 teaspoon paprika smoked
- ☐ 4 pieces flour split

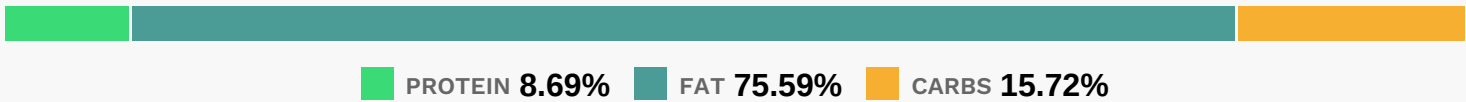
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 400°F.
- ☐ Place eggplant slices on a large rimmed baking sheet and rub both sides with oil. Season with paprika, salt, and pepper. Roast until golden and tender, 30–40 minutes.
- ☐ Whisk garlic, mayonnaise, and vinegar in a small bowl; set aside.
- ☐ Toss scallions, herbs, beets, olives, capers, and oil in a medium bowl to combine.
- ☐ Spread cut sides of focaccia with garlic mayo. Build sandwiches with focaccia, eggplant, feta, and beet salad.
- ☐ DO AHEAD: Eggplant can be roasted 1 day ahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:72.25, Glycemic Load:2.61, Inflammation Score:-9, Nutrition Score:20.766521692276%

Flavonoids

Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 5.64mg, Kaempferol: 5.64mg, Kaempferol: 5.64mg, Kaempferol: 5.64mg Myricetin: 2.24mg, Myricetin: 2.24mg, Myricetin: 2.24mg, Myricetin: 2.24mg Quercetin: 8.31mg, Quercetin: 8.31mg, Quercetin: 8.31mg, Quercetin: 8.31mg

Nutrients (% of daily need)

Calories: 410.54kcal (20.53%), Fat: 35.47g (54.56%), Saturated Fat: 9.69g (60.54%), Carbohydrates: 16.59g (5.53%), Net Carbohydrates: 9.79g (3.56%), Sugar: 7.84g (8.71%), Cholesterol: 49.61mg (16.54%), Sodium: 966.2mg (42.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.18g (18.36%), Vitamin K: 326.73µg (311.17%), Vitamin A: 1725.98IU (34.52%), Vitamin C: 27.15mg (32.91%), Vitamin B2: 0.47mg (27.57%), Manganese: 0.54mg (27.21%), Fiber: 6.8g (27.2%), Calcium: 267.98mg (26.8%), Folate: 90.13µg (22.53%), Phosphorus: 209.4mg (20.94%), Vitamin B6: 0.37mg (18.71%), Vitamin E: 2.59mg (17.26%), Potassium: 582.5mg (16.64%), Iron: 2.41mg (13.38%), Vitamin B12: 0.75µg (12.54%), Magnesium: 48.61mg (12.15%), Zinc: 1.82mg (12.15%), Copper: 0.23mg (11.57%), Selenium: 7.97µg (11.38%), Vitamin B1: 0.16mg (10.72%), Vitamin B5: 1.05mg (10.52%), Vitamin B3: 1.88mg (9.42%), Vitamin D: 0.23µg (1.51%)