



## Roasted Eggplant and Tomato Subs

READY IN



55 min.

SERVINGS



4

CALORIES



574 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups arugula leaves
- 2 small eggplants
- 0.5 cup flat-leaf parsley leaves fresh packed
- 1 cup basil leaves fresh packed
- 12 slices mozzarella cheese smoked fresh thin
- 2 small sprigs rosemary fresh
- 2 large garlic cloves crushed
- 0.8 cup olive oil extra-virgin
- 2 handfuls a couple parmigiano-reggiano grated

- 0.3 cup pistachios shelled toasted
- 0.5 teaspoon pepper flakes red crushed
- 4 servings salt and pepper black freshly ground
- 4 sesame sub rolls split
- 2 large tomatoes

## Equipment

- food processor
- baking sheet
- oven
- pot
- pastry brush

## Directions

- Preheat the oven to 425 degrees F.
- In a small pot, heat about 1/2 cup of the extra-virgin olive oil with the crushed garlic, rosemary sprigs, and red pepper flakes.
- Let the oil infuse over low heat for a couple minutes.
- Meanwhile, arrange cooling racks over 2 rimmed baking sheets. Trim the tops and bottoms of the eggplants and thinly slice the eggplants and the tomatoes.
- Brush the eggplant with seasoned oil, using a pastry brush, and arrange the slices on 1 of the racks. Arrange the sliced tomatoes on the other rack and season both the eggplant and tomatoes with salt and pepper, to taste. Roast until the eggplant is tender and slightly shriveled up, about 15 minutes.
- While the eggplant and tomatoes roast, add the basil, parsley, nuts, Parmigiano, and salt and pepper, to taste, in a food processor and pulse until finely chopped. With the processor running, stream in about 1/4 cup of extra-virgin olive oil to form a thick pesto. Arrange about 1/2 cup of arugula leaves on each sub roll bottom. Top with layered slices of roasted eggplant, mozzarella, and roasted tomatoes.
- Spread some pesto on the roll tops and set in place.
- Cut the subs in half and serve.

# Nutrition Facts

PROTEIN 19.41% FAT 50.69% CARBS 29.9%

## Properties

Glycemic Index:99.5, Glycemic Load:16.72, Inflammation Score:-10, Nutrition Score:33.277391278225%

## Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.74mg, Naringenin: 0.74mg, Naringenin: 0.74mg, Naringenin: 0.74mg Apigenin: 16.2mg, Apigenin: 16.2mg, Apigenin: 16.2mg, Apigenin: 16.2mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.69mg, Kaempferol: 3.69mg, Kaempferol: 3.69mg, Kaempferol: 3.69mg Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

## Nutrients (% of daily need)

Calories: 574.4kcal (28.72%), Fat: 33.21g (51.09%), Saturated Fat: 13.31g (83.2%), Carbohydrates: 44.08g (14.69%), Net Carbohydrates: 33.84g (12.31%), Sugar: 15.36g (17.07%), Cholesterol: 67.49mg (22.5%), Sodium: 771.92mg (33.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.6g (57.21%), Vitamin K: 183.34µg (174.61%), Calcium: 576.77mg (57.68%), Manganese: 1.15mg (57.39%), Vitamin A: 2696.56IU (53.93%), Phosphorus: 478.21mg (47.82%), Fiber: 10.24g (40.95%), Selenium: 27.67µg (39.53%), Vitamin C: 31.62mg (38.33%), Folate: 139.74µg (34.94%), Vitamin B12: 2.03µg (33.82%), Vitamin B1: 0.46mg (30.88%), Potassium: 1047.58mg (29.93%), Vitamin B2: 0.51mg (29.89%), Vitamin B6: 0.5mg (25.18%), Zinc: 3.71mg (24.71%), Magnesium: 92.03mg (23.01%), Copper: 0.45mg (22.33%), Iron: 3.87mg (21.49%), Vitamin B3: 4.22mg (21.11%), Vitamin E: 3.04mg (20.29%), Vitamin B5: 0.99mg (9.89%), Vitamin D: 0.34µg (2.28%)