



Roasted-Vegetable Sandwich

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup acorn squash peeled thinly sliced
- 1 cup anaheim chile seeded chopped
- 0.3 teaspoon balsamic vinegar
- 2 tablespoons dijon mustard
- 0.3 teaspoon thyme leaves dried
- 1 pound bread french cut in half lengthwise
- 0.5 garlic head
- 8 ounce carton nonfat yogurt plain

- 0.3 teaspoon pepper
- 2 plum tomatoes halved lengthwise seeded
- 2 cups portabella mushrooms sliced
- 0.5 cup onion red thinly sliced
- 4 rosemary sprigs
- 0.3 teaspoon salt
- 1.3 cups zucchini diagonally sliced

Equipment

- bowl
- frying pan
- paper towels
- oven
- aluminum foil
- spatula

Directions

- Preheat oven to 35
- Remove white papery skin from garlic head (do not peel or separate the cloves). Wrap head in foil; set aside.
- Arrange mushrooms and next 5 ingredients (mushrooms through tomatoes) on a jelly-roll pan coated with cooking spray.
- Sprinkle salt, thyme, and pepper over vegetables; toss well. Nestle rosemary sprigs into vegetables.
- Bake garlic and vegetables at 350 for 45 minutes, stirring vegetables every 15 minutes. Discard rosemary sprigs. Separate garlic cloves, and squeeze to extract garlic pulp; discard skins. Set garlic pulp aside.
- Spoon yogurt onto several layers of heavy-duty paper towels; spread to 1/2-inch thickness. Cover with additional paper towels; let stand 10 minutes. Scrape yogurt into a bowl, using a rubber spatula. Stir in garlic pulp, mustard, and vinegar; set aside.

- Hollow out top and bottom halves of bread, leaving a 1-inch-thick shell; reserve torn bread for another use.
- Spread yogurt mixture over top and bottom halves of loaf. Arrange vegetables on bottom half of loaf; replace top half. Wrap loaf in foil; bake at 350 for 15 minutes.
- Cut into 6 equal portions.

Nutrition Facts



Properties

Glycemic Index:62.42, Glycemic Load:30.89, Inflammation Score:-7, Nutrition Score:16.732173953367%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 270.68kcal (13.53%), Fat: 2.34g (3.61%), Saturated Fat: 0.52g (3.24%), Carbohydrates: 51.67g (17.22%), Net Carbohydrates: 46.96g (17.08%), Sugar: 10.29g (11.43%), Cholesterol: 0.76mg (0.25%), Sodium: 774.49mg (33.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.01g (24.02%), Selenium: 30.29µg (43.28%), Vitamin B1: 0.64mg (42.7%), Folate: 122.04µg (30.51%), Manganese: 0.58mg (29.2%), Vitamin B2: 0.49mg (28.64%), Vitamin B3: 5.43mg (27.15%), Phosphorus: 202.81mg (20.28%), Iron: 3.59mg (19.93%), Vitamin C: 16.24mg (19.69%), Fiber: 4.71g (18.82%), Potassium: 516.86mg (14.77%), Calcium: 138.09mg (13.81%), Vitamin B6: 0.26mg (13.11%), Copper: 0.26mg (12.76%), Magnesium: 49.97mg (12.49%), Vitamin B5: 1.02mg (10.2%), Zinc: 1.52mg (10.11%), Vitamin A: 320.06IU (6.4%), Vitamin K: 4.33µg (4.13%), Vitamin B12: 0.24µg (4.08%), Vitamin E: 0.33mg (2.21%)