



Roasted-Vegetable Sandwich with Ham and Cheese

READY IN



45 min.

SERVINGS



6

CALORIES



440 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
- 12 ounces deli ham lean thinly sliced
- 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
- 6 tablespoons olives ripe sliced
- 6 tablespoons parmesan cheese fresh grated
- 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

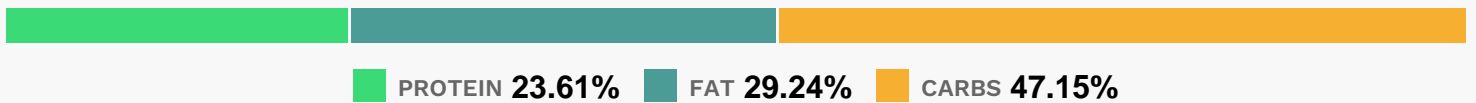
- bowl
- frying pan
- paper towels
- oven
- aluminum foil
- spatula

Directions

- Preheat oven to 350
- 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 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; top with ham, cheese, and olives; replace top half. Wrap loaf in foil; bake at 350 for 15 minutes.
- Cut into 6 equal portions.

Nutrition Facts



Properties

Glycemic Index:66.92, Glycemic Load:30.93, Inflammation Score:-7, Nutrition Score:22.893043445504%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg 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: 439.66kcal (21.98%), Fat: 14.37g (22.11%), Saturated Fat: 4.89g (30.58%), Carbohydrates: 52.14g (17.38%), Net Carbohydrates: 47.17g (17.15%), Sugar: 10.37g (11.52%), Cholesterol: 39.31mg (13.1%), Sodium: 1652.41mg (71.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.11g (52.22%), Vitamin B1: 0.98mg (65.66%), Selenium: 44.36µg (63.37%), Vitamin B3: 7.99mg (39.96%), Vitamin B2: 0.63mg (37.02%), Phosphorus: 359.17mg (35.92%), Folate: 124.33µg (31.08%), Manganese: 0.59mg (29.64%), Vitamin B6: 0.48mg (24.23%), Iron: 4.16mg (23.11%), Calcium: 205.42mg (20.54%), Fiber: 4.97g (19.88%), Zinc: 2.97mg (19.82%), Vitamin C: 16.24mg (19.69%), Potassium: 686.98mg (19.63%), Magnesium: 63.82mg (15.96%), Copper: 0.31mg (15.67%), Vitamin B5: 1.3mg (13.04%), Vitamin B12: 0.67µg (11.13%), Vitamin A: 390.55IU (7.81%), Vitamin E: 0.85mg (5.68%), Vitamin K: 4.53µg (4.31%), Vitamin D: 0.51µg (3.39%)