



Super Eggplant Subs

READY IN



37 min.

SERVINGS



4

CALORIES



784 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce can tomato sauce canned
- ☐ 4 servings coarse salt and pepper black
- ☐ 2 medium eggplant firm
- ☐ 28 ounce canned tomatoes fire roasted chopped canned (recommended: Muir Glen)
- ☐ 1 cup basil leaves fresh thinly sliced
- ☐ 2 large cloves cracked garlic chopped
- ☐ 1 pound mozzarella cheese smoked thinly sliced
- ☐ 1 cup olive oil extra-virgin
- ☐ 0.5 cup parmigiano-reggiano grated

- ☐ 0.5 onion red chopped
- ☐ 4 sub rolls split

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ broiler
- ☐ pastry brush
- ☐ broiler pan

Directions

- ☐ Preheat oven to 450 degrees F.
- ☐ Heat a small pan with extra-virgin olive oil and cracked garlic in it over medium low flame. Trim ends of eggplants and remove a sliver of the skin off of 1 side, so the eggplant sits flat for you to slice it.
- ☐ Cut the eggplant into 1/2-inch thick slices. Arrange the eggplant on cookie sheets. When garlic sizzles in oil, using a pastry brush, brush both sides of sliced eggplant. Season eggplant with salt and pepper and roast in hot oven 15 minutes or until tender. Turn eggplant once.
- ☐ Take a couple of tablespoons of remaining extra-virgin olive oil and place in a second pan, a medium skillet, over medium high heat. To hot garlic oil, add remaining chopped garlic and red onions.
- ☐ Saute the red onions and garlic 2 to 3 minutes then add chopped fire roasted tomatoes and tomato sauce then season with salt and pepper. Lower heat and allow sauce to thicken.
- ☐ Remove eggplant from the oven. Get split sub rolls ready to fill, arranging the split rolls on a broiler pan. Preheat broiler to melt cheese on subs. Pile layers of cooked eggplant, roasted tomato sauce and torn basil into sub rolls, equally dividing ingredients. Top subs with grated cheese and smoked mozzarella cheese. Melt cheeses under the broiler.
- ☐ Serve subs hot.

Nutrition Facts



 PROTEIN **20.16%**  FAT **48.01%**  CARBS **31.83%**

Properties

Glycemic Index:82.25, Glycemic Load:27.16, Inflammation Score:-9, Nutrition Score:29.931739496148%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

Nutrients (% of daily need)

Calories: 783.52kcal (39.18%), Fat: 42.22g (64.95%), Saturated Fat: 18.57g (116.04%), Carbohydrates: 62.97g (20.99%), Net Carbohydrates: 52.29g (19.02%), Sugar: 20.9g (23.22%), Cholesterol: 98.08mg (32.69%), Sodium: 1977.77mg (85.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.89g (79.79%), Calcium: 831.86mg (83.19%), Iron: 13.7mg (76.12%), Phosphorus: 568.09mg (56.81%), Vitamin B12: 2.74µg (45.59%), Vitamin A: 2273.07IU (45.46%), Fiber: 10.67g (42.7%), Vitamin K: 43.91µg (41.81%), Manganese: 0.74mg (37.03%), Selenium: 23.42µg (33.45%), Vitamin B2: 0.49mg (29.05%), Zinc: 4.24mg (28.24%), Potassium: 834.43mg (23.84%), Vitamin E: 3.35mg (22.36%), Magnesium: 74.34mg (18.58%), Vitamin C: 15.14mg (18.36%), Folate: 71.03µg (17.76%), Vitamin B6: 0.35mg (17.28%), Copper: 0.3mg (15.01%), Vitamin B3: 2.28mg (11.4%), Vitamin B5: 1.07mg (10.74%), Vitamin B1: 0.15mg (10.21%), Vitamin D: 0.52µg (3.44%)