



## Vegetarian Open Faced Sandwich

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 servings basil dried
- 1 small eggplant sliced
- 1 cup mushrooms fresh sliced
- 4 cloves garlic
- 6 slices mozzarella cheese
- 6 servings oregano dried
- 3 tablespoons pesto sauce
- 1 small bell pepper red sliced

- 1 medium onion red sliced
- 6 servings salt and pepper to taste
- 6 slices sourdough bread toasted
- 2 tomatoes sliced

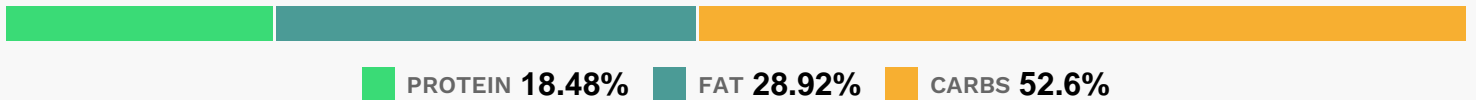
## Equipment

- baking sheet
- oven
- broiler

## Directions

- Preheat the oven broiler.
- Spread one side of each bread slice with equal amounts pesto sauce. Arrange in a single layer on a baking sheet, pesto side up.
- Layer each slice with eggplant, red bell pepper, red onion, tomatoes, mushrooms, and cheese. Crush garlic on top of cheese, and season with oregano, basil, salt, and pepper.
- Broil 5 minutes in the preheated oven, or until cheese is melted and lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:50.25, Glycemic Load:27.7, Inflammation Score:-9, Nutrition Score:20.483913100284%

## Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg

## Nutrients (% of daily need)

Calories: 336.59kcal (16.83%), Fat: 11.08g (17.04%), Saturated Fat: 4.64g (29.03%), Carbohydrates: 45.33g (15.11%), Net Carbohydrates: 39.44g (14.34%), Sugar: 8.95g (9.95%), Cholesterol: 22.98mg (7.66%), Sodium: 833.8mg (36.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.93g (31.86%), Manganese: 0.79mg (39.73%), Vitamin B1: 0.54mg (36.16%), Selenium: 25.3µg (36.14%), Vitamin C: 25.43mg (30.83%), Folate: 121.05µg (30.26%), Vitamin K: 31.08µg (29.6%), Vitamin B2: 0.49mg (28.75%), Calcium: 247.08mg (24.71%), Iron: 4.43mg (24.61%), Fiber: 5.88g (23.54%), Vitamin B3: 4.68mg (23.41%), Phosphorus: 225.22mg (22.52%), Vitamin A: 1112.97IU (22.26%), Vitamin B6: 0.3mg (14.95%), Potassium: 519.02mg (14.83%), Magnesium: 56.41mg (14.1%), Copper: 0.28mg (14%), Zinc: 1.95mg (13.01%), Vitamin B12: 0.65µg (10.87%), Vitamin B5: 0.84mg (8.35%), Vitamin E: 1.13mg (7.53%)