



Warm Eggplant and Goat Cheese Sandwiches

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



221 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup arugula
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 inch vertical eggplant
- ☐ 2 ounces goat cheese softened
- ☐ 1 teaspoon olive oil
- ☐ 0.3 teaspoon salt
- ☐ 3 ounce rustic sandwich rolls
- ☐ 0.5 inch tomatoes

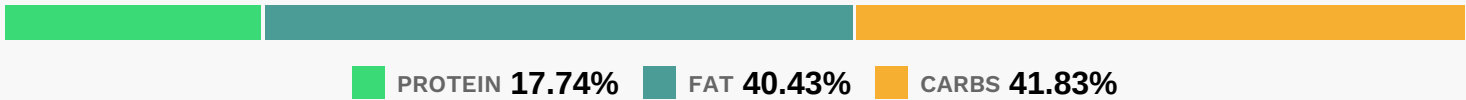
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 27
- ☐ Brush oil over eggplant.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add eggplant; cook 5 minutes on each side or until lightly browned.
- ☐ Sprinkle with salt and pepper.
- ☐ Spread about 1 tablespoon of goat cheese over cut side of each roll half.
- ☐ Place rolls on a baking sheet, cheese sides up; bake at 275 for 8 to 10 minutes or until thoroughly heated.
- ☐ Remove from oven; top bottom half of each roll with 1 eggplant slice, 1 tomato slice, and 1/2 cup arugula. Top sandwiches with top halves of rolls.

Nutrition Facts



Properties

Glycemic Index:66, Glycemic Load:0.11, Inflammation Score:-5, Nutrition Score:8.6465217497038%

Flavonoids

Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 220.52kcal (11.03%), Fat: 9.88g (15.2%), Saturated Fat: 4.68g (29.24%), Carbohydrates: 23g (7.67%), Net Carbohydrates: 21.77g (7.92%), Sugar: 1.25g (1.39%), Cholesterol: 13.04mg (4.35%), Sodium: 629.18mg (27.36%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.76g (19.51%), Selenium: 17.47µg (24.95%), Vitamin B2: 0.26mg (15.3%), Vitamin B1: 0.23mg (15.22%), Manganese: 0.29mg (14.54%), Copper: 0.29mg (14.44%), Folate: 53.78µg (13.44%), Vitamin K: 13.35µg (12.72%), Phosphorus: 121mg (12.1%), Iron: 2.12mg (11.78%), Vitamin A: 536.95IU (10.74%), Vitamin B3: 1.97mg (9.83%), Calcium: 97.52mg (9.75%), Magnesium: 21.31mg (5.33%), Fiber: 1.23g (4.91%), Zinc: 0.71mg (4.76%), Vitamin B6: 0.09mg (4.74%), Vitamin B5: 0.42mg (4.17%), Vitamin E: 0.57mg (3.79%), Potassium: 96.56mg (2.76%), Vitamin C: 1.6mg (1.94%)