



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Balsamic Zucchini Sandwich ♦

A delicious vegetarian sandwich made with grilled zucchini and a balsamic glaze. Perfect for a light lunch or dinner.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 300 grams

Number of Servings: 2

Serving Size: 150 g

Ingredients

300 g	zucchini
2 tbsp	balsamic vinegar
1 tbsp	olive oil
0.5 tsp	Salt
0.5 tsp	Pepper
4 slices	ciabatta bread

100 g goat cheese

50 g Arugula

Directions

Step 1

Grilling

Preheat grill to medium-high heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Slice the zucchini lengthwise into thin strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a small bowl, whisk together balsamic vinegar, olive oil, salt, and pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Grilling

Brush the zucchini slices with the balsamic mixture.

Prep Time: 2 mins

Cook Time: 5 mins

Step 5

Grilling

Grill the zucchini slices for 2-3 minutes per side, until tender and lightly charred.

Prep Time: 0 mins

Cook Time: 6 mins

Step 6

Toasting

Toast the ciabatta bread slices.

Prep Time: 0 mins

Cook Time: 2 mins

Step 7

Spreading

Spread goat cheese on one side of the toasted bread slices.

Prep Time: 1 mins

Cook Time: 0 mins

Step 8

Plating

Top with grilled zucchini slices and arugula.

Prep Time: 1 mins

Cook Time: 0 mins

Step 9

Serving

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 8 g

Protein: 10 g

Carbohydrates: 35 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	5 g	13.16%	20%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	3 g	13.64%	17.65%
Fat	8 g	28.57%	32%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	6 iu	0.67%	0.86%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	8 mg	0.8%	0.8%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Main Dishes

Salads

Snacks

Cultural

Chinese New Year

Diwali

Easter

Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

Visit our website: healthdor.com