

Portobello, Eggplant, and Roasted Red Pepper Panini

Yield: 4 min
Total Time: 540 min

Recipe from: <https://www.recipeschoose.com/recipes/eggplant-swiss-cheese-recipe>

Ingredients:

- 2 red bell peppers
- 4 portobello mushroom caps
- 1 cup balsamic vinaigrette fat-free
- 4 slices eggplant peeled
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 teaspoons grated Parmesan cheese
- 8 slices bread focaccia
- 1/4 cup fat free ranch dressing
- 4 slices swiss cheese
- 4 slices asiago cheese

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 25 milligrams
4. Fat: 10 grams
5. Fiber: 3 grams
6. Protein: 15 grams
7. SaturatedFat: 6 grams
8. Sodium: 440 milligrams
9. Sugar: 17 grams

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